

## 2020-2021 JO TEAM TRAINING SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LEVEL 3		4:30-7:30		4:30-7:30		10:30-1:30
LEVEL 4	4:30-8:00		4:30-8:00		4:30-8:00	12:00-4:00
LEVEL 4-5		4:15-8:30	4:15-8:30	4:15-8:30		12:00-4:00
LEVEL 6		4:15-8:30	4:15-8:30	4:15-8:30		12:00-4:00
GROUP 3 LEVEL 7-8	4:15-8:30		4:15-8:30	4:15-8:30	4:15-8:30	8:00-12:15
GROUP 2 LEVEL 8-9-10	3:30-7:45	3:30-7:45	3:30-7:45		3:30-7:45	8:00-12:15
GROUP 1 LEVEL 8-9-10	4:15-8:30	4:15-8:30		4:15-8:30	4:15-8:30	8:00-12:15