

September 28 - December 19	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Perform	Dryland		Dryland	6:00 PM		Dryland	
	6:00pm-6:45	O F F	6:00pm-6:45	Mindfulness	O F F	6:00pm-6:45	O F F
	Cool Down		Cool Down	Training		Cool Down	
	6:45-7pm		6:45-7pm	7:00 PM		6:45-7pm	
Aspire				6:00 PM			
				Mindfulness			
				Training			
				7:00 PM			
January 4 - March 27	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Perform	Dryland		Dryland	6:00 PM		Dryland	
	6:00pm-6:45	O F F	6:00pm-6:45	Mindfulness	O F F	6:00pm-6:45	O F F
	Cool Down		Cool Down	Training		Cool Down	
	6:45-7pm		6:45-7pm	7:00 PM		6:45-7pm	
Aspire				6:00 PM			
				Mindfulness			

Aspie				Training			
				7:00 PM			