

## High Performance 2017-2018

Mon	Tues	Wed	Thurs	Fri	Sat
<b>A/B</b> 6-7:30AM	<b>A/B</b> 6-7:30AM	<b>A/B</b> 6-7:30AM	<b>A/B</b> 6-7:30AM	<b>A/B</b> 6-7:30AM	
					<b>A</b> 1-3PM
<b>B</b> 4:00-5:45PM	<b>B</b>	<b>A</b> 4:00-5:45PM	<b>A</b>		<b>B</b> 3-5PM
Mental		Mental			
<b>A</b> 5:45-7:30PM	4-6PM Fitness	<b>B</b> 5:45-7:30PM	4-6PM Fitness		<b>Fitness</b> 3-3:30PM 5-5:30PM
	Mental		Mental		
<i><b>Fitness/Mental Schedule</b></i>					
<b>Mon</b>	<b>Tues</b>	<b>Wed</b>	<b>Thurs</b>		
4:15-5:15PM	6-7PM	4:15-5:15PM	6-7PM		
5:45-6:45PM		5:45-6:45PM			
<b>Mental</b>	<b>Mental</b>	<b>Mental</b>	<b>Mental</b>		
5:15-5:45PM	6:40-7PM	5:15-5:45PM	6:40-7PM		