

2008 Summer Training Schedule	(TENTATIVE start is Sunday, June 8)					
TRAINING GROUP		# offered	max # allowed	time(s)	day(s)	course
Group 6		9	9	6:30 - 9 AM	m, t, th	lcm
				5 - 7:00 PM	m	scy
weights:	mon 4-5 PM			5:15 - 7:30 PM	t	scy
	wed 8:30-9:30 AM			9:30 - 11:30 AM	w	scy
	sat 9-10 AM			5:15 - 7:15 PM	th	scy
				3:30 - 5:30 PM	fri	lcm
				10 - 1 PM	sat	lcm
Group 5		8	8	6:30 - 9 AM	m, t, th	lcm
				5 - 7 PM	m	scy
weights:	mon 4-5 PM			5:15 - 7:30 PM	t	scy
	wed 8:30-9:30 AM			9:30 - 11:30 AM	w	scy
	sat 9-10 AM			3:30 - 5:30 PM	fri	lcm
				10 - 1 PM	sat	lcm
Group 4		6	6	6:30 - 9 AM	m, t, th	lcm
				5:15 - 7:30 PM	t	scy
				3:30 - 5:30 PM	fri	lcm
	mon 4-5 PM			10 - 12 PM	sat	lcm
	sat 9 - 10 am					
Group 3	weights tba	8	8	3:30 - 5:15 PM	m, t, th	scy
				9:30 -11:30 AM	t,th	scy
				7 - 9 AM	w, f	lcm
				8:30 - 10 AM	sat	lcm
Group 2		5	5	5:30 - 7 PM	m	across
				4 - 5:30 PM	t	across
				5:30 - 7 PM	wed	scy
				4 - 5:30 PM	th	across
				7:30 - 9 AM	fri	lcm
Group 1		5	5	5:30 - 6:45 PM	m	across
				4 - 5:15 PM	t	across
				5:30 - 6:45 PM	wed	scy
				4 - 5:15 PM	th	across
				7:30 - 9 AM	fri	lcm