

HealthQuest USAG Competitive Training Schedule

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
<u>Girls Level 3</u>	5:00-8:00	OFF	5:00-8:00	OFF	5:00-8:00	OFF
<u>Girls Level 4/5</u>	OFF	4:30-8:30	OFF	4:30-8:30	OFF	8:30-1:00
<u>Girls Level 6/7</u>	5:00-9:00	5:00-9:00	OFF	5:00-9:00	5:00-9:00	OFF
<u>Boys Pre-Team</u>	OFF	OFF	4:00-6:00	OFF	OFF	9:00-11:00
<u>Boys Level 4</u>	4:00-7:00	OFF	4:00-7:00	OFF	OFF	9:00-12:00
<u>Boys Level 5</u>	4:00-8:30	OFF	4:00-8:30	OFF	4:00-8:00	OFF
<u>Boys Level 6</u>	4:00-8:00	4:00-8:00	OFF	4:00-8:00	4:00-8:00	OFF