RESILIENCE FITNESS SUMMER SCHEDULE 2024 (June 24th - August 30th)

	MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
	Adult		Youth	Adult		Youth	Adult		Youth	Adult		Youth	Adult		Youth
5am-6am	CF			CF			CF			CF			CF		
6am-7am	CF	RUSH		CF	RUSH		CF	RUSH		CF	RUSH		CF	RUSH	
7am-8am	CF	RUSH		CF	RUSH		CF	RUSH		CF	RUSH		CF	RUSH	
8am-9am	RUSH			RUSH			RUSH			RUSH			RUSH		
9am-10am	CF			CF			CF			CF			CF		
10am-11am	RUSH		Kids	RUSH		Kids	RUSH		Kids	RUSH		Kids			
11am-12pm															
12pm-1pm	CF			CF			CF			CF			CF		
1pm-2pm															
2pm-3pm															
3pm-4pm															
4pm-5pm 4:30pm-5:30pm													RUSH		
5pm-6pm 5:15pm-6:15pm 5:30pm-6:30pm	CF		Middle School Strength & Conditioning	O	F	High School Strength & Conditioning	C	Middle Scho CF Strength 8 Conditionir		O	:F	High School Strength & Conditioning	CF		
6:15pm-7:15pm	RUSH			RU	JSH		RUSH			RUSH					
7pm-8pm															