Monday through Friday, All Times Are P.M.

Last Updated: Dec 2017 v-3

Legg N		Legg S		PAC 1		PAC 2		PAC 3		PAC 4	
MONDAY											
4 - 5	Training	4 - 5	Training								
5 - 6	Training	5 - 6	Training								
630 - 8	141	6 - 730	122			6-730	111				
8 - 930	181	730 - 9	172			7:30-9	151	7-830	133	8-930	174
TUESDAY											
4 - 5	Training	4 - 5	Training								
5 - 630	124	515 – 645	121							530 - 7	123
630 - 8	171	645 - 815	131			6 – 730	142	6 - 730	132		
8 - 930	161	815 – 945	163			7:30 – 9	143	730- 9	152	8-930	162
WEDNESDAY											
4 - 530	Training	420 - 520	Training								
530 - 630	McEvoy (KCP)	530 - 7	122			5-630	153				
630 - 8	141	7 - 830	154	645-815	125 at KCP Gym	6:30 – 8	134				
8 -930	181	830 - 10	174	730-9	133	8-930	164			8 – 9:30	151
THURSDAY											
4 - 530	Training	4 - 5	Training								
530 - 7	171	5 - 630	121	530-7	144			530 - 7	111	530 - 7	112
7 - 830	161	630 - 8	131							7 - 830	162
830 - 10	173	8 - 930	163			8-930	172	8-930	152		
FRIDAY											
4 - 5	Training	430 - 530	Training								
5 - 630	125	530 - 630	Training								
630 - 730	Training	630 - 730	Training								
730 - 830	Training	730 - 830	Training								

Saturday & Sunday

Legg N		Legg S		PAC 1		PAC 2		PAC 3		PAC 4	
SATURDAY											
8 -10	11	830 -10	152								
10-12	181/172	10-11:30	143								
12-2	161	11:30-1	162								
2-4	141	1-2:30	142								
4 - 5	Training	3 - 4	Training								
5 - 6	Training	4 - 5	Training								
6 - 7	Training	5 - 6	Training								
SUNDAY											
9-1030	163	9-10:30									
1030-12		10:30-12:30	Chad								
1230 - 2	154	12:30 - 2:30	Training								
2 - 3:30	124	230 - 4	112								
3:30 - 530	171	4 - 530	134								
530 - 7	125	530 - 7	153			5-630	144	5-630	132	5-630	123
7 - 8:30	173	7 - 830	164								