

Mondays

Movement Prep	Hitting	Lifting	1	2	3	4
4:50-5:00pm	5:00-5:20pm	5:20-5:40pm	Massel	Wigmore	Govini	Hecht
5:10-5:20pm	5:20-5:40pm	5:40-6:00pm	Ruder	Martinez	Conrad	Nieves
5:30-5:40pm	5:40-6:00pm	6:00-6:20pm	Antonyzyn	Derechin	Kono	Stephens
Movement Prep	Hitting	Lifting	1	2	3	4
5:50-6:00pm	6:00-6:20pm	6:20-6:40pm	Horrow	Biggam	Moulton	Grabow
6:10-6:20pm	6:20-6:40pm	6:40-7:00pm	Stoessel	Shanley	Diep	Nowicki
6:30-6:40pm	6:40-7:00pm	7:00-7:20pm	Bell	Maurizio	Gerios	Lazos
Movement Prep	Hitting	Lifting	1	2	3	4
6:50-7:00pm	7:00-7:20pm	7:20-7:40pm	Jones	Calderon	Tokowitz	Muntean
7:10-7:20pm	7:20-7:40pm	7:40-8:00pm	Lopez	Smith	Gutzmer	Leavitt
7:30-7:40pm	7:40-8:00pm	8:00-8:20pm	Quinn	DeLeon	Cintron	McLaughlin
Movement Prep	Hitting	Lifting	1	2	3	4
7:50-8:00pm	8:00-8:20pm	8:20-8:40pm	Schmidt	Vasquez	Cortes	Sam Garcia
8:10-8:20pm	8:20-8:40pm	8:40-9:00pm	Schnur	Gutierrez	Merrils	Thaxton
8:30-8:40pm	8:40-9:00pm	9:00-9:20pm	Kaminski	Navarette	Becerra	Fierlage

Tuesdays

Movement Prep	Hitting	Lifting	1	2	3	4
4:50-5:00pm	5:00-5:20pm	5:20-5:40pm	Kerewich	Kujawa	Boss	DeLeon
5:10-5:20pm	5:20-5:40pm	5:40-6:00pm	Silva	Arredondo	Sawyers	Taylor
5:30-5:40pm	5:40-6:00pm	6:00-6:20pm	Sarakaitis	Stoelenga	Maher	Schchar
Movement Prep	Hitting	Lifting	1	2	3	4
5:50-6:00pm	6:00-6:20pm	6:20-6:40pm	Bernabei	David	David	Katz
6:10-6:20pm	6:20-6:40pm	6:40-7:00pm	Bellis	Kourelis	Graines	Jurewicz
6:30-6:40pm	6:40-7:00pm	7:00-7:20pm	McCann	Murguia	Kaplan	Sullivan
Movement Prep	Hitting	Lifting	1	2	3	4
6:50-7:00pm	7:00-7:20pm	7:20-7:40pm	Egan	Stratton	Smith	Flom
7:10-7:20pm	7:20-7:40pm	7:40-8:00pm	Hogan	Smartt	Sheahan	Frater
7:30-7:40pm	7:40-8:00pm	8:00-8:20pm	Yoest	Hoffman	Stathas	Hamid
Movement Prep	Hitting	Lifting	1	2	3	4
7:50-8:00pm	8:00-8:20pm	8:20-8:40pm	Desmond	Hayes	Jirhal	Dow
8:10-8:20pm	8:20-8:40pm	8:40-9:00pm	Freeman	Severino	Butterly	Chambers
8:30-8:40pm	8:40-9:00pm	9:00-9:20pm	Van Dyke	Mahoney	Neumann	Michaud

Wednesdays

Movement Prep	Hitting	Lifting	1	2	3	4
4:50-5:00pm	5:00-5:20pm	5:20-5:40pm	Fishman	Bertalan	Mazur	NA
5:10-5:20pm	5:20-5:40pm	5:40-6:00pm	Chronopolous	Griffith	Pamula	NA
5:30-5:40pm	5:40-6:00pm	6:00-6:20pm	Hattel	Walsh	Chambers	NA
Movement Prep	Hitting	Lifting	1	2	3	4
5:50-6:00pm	6:00-6:20pm	6:20-6:40pm	Sansonetti	Washkevich	Roldan	Chambers
6:10-6:20pm	6:20-6:40pm	6:40-7:00pm	Andrews	Kolke	Jelenik	Rog
6:30-6:40pm	6:40-7:00pm	7:00-7:20pm	Blitz	Lufrano	Linares	Variano
Movement Prep	Hitting	Lifting	1	2	3	4
6:50-7:00pm	7:00-7:20pm	7:20-7:40pm	Garcia	Mendez	Dooman	Larson
7:10-7:20pm	7:20-7:40pm	7:40-8:00pm	Alvarado	Kurokawa	Lebron	Murray
7:30-7:40pm	7:40-8:00pm	8:00-8:20pm	Lifson	Levinson	Noah	Jenkins
Movement Prep	Hitting	Lifting	1	2	3	4
7:50-8:00pm	8:00-8:20pm	8:20-8:40pm	Derechin	Miller	Sotelo	Kenah
8:10-8:20pm	8:20-8:40pm	8:40-9:00pm	Abraham	Besztery	Kunst	Koenig
8:30-8:40pm	8:40-9:00pm	9:00-9:20pm	Maza	Huerta	Garcia	McCormick

Thursdays

Movement Prep	Hitting	Lifting	1	2	3	4
4:50-5:00pm	5:00-5:20pm	5:20-5:40pm	Gotti	Slade	Bloom	Bloom
5:10-5:20pm	5:20-5:40pm	5:40-6:00pm	Kogut	Goldberg	Lowery	Leff
5:30-5:40pm	5:40-6:00pm	6:00-6:20pm	Boiker	Meyer	Ball	Palmersthiem
Movement Prep	Hitting	Lifting	1	2	3	4
5:50-6:00pm	6:00-6:20pm	6:20-6:40pm	Sims	Hites	Magac	Zuvich
6:10-6:20pm	6:20-6:40pm	6:40-7:00pm	Rydz	Burgess	Rueda	Preloger
6:30-6:40pm	6:40-7:00pm	7:00-7:20pm	Schwarz	Rizzuti	Axel	Ramos
Movement Prep	Hitting	Lifting	1	2	3	4
6:50-7:00pm	7:00-7:20pm	7:20-7:40pm	Alden	Alden	Blauvelt	Blauvelt
7:10-7:20pm	7:20-7:40pm	7:40-8:00pm	Ziesemer	Copans	Kam	Hammond
7:30-7:40pm	7:40-8:00pm	8:00-8:20pm	Loenard	Patel	Xie	Malec
Movement Prep	Hitting	Lifting	1	2	3	4
7:50-8:00pm	8:00-8:20pm	8:20-8:40pm	Kalil	Castellani	Ropka	Frantzis
8:10-8:20pm	8:20-8:40pm	8:40-9:00pm	Vega	Khan	Dorn	Williams
8:30-8:40pm	8:40-9:00pm	9:00-9:20pm	Tokowicz	Borggrenn	Mechavich	NA