

Schedule Through July 2nd

	Furman			Municipal		
	Senior I	Senior II	National	Senior I	Senior II	National
Monday	8:00-10:00am	7:30-10:00am	7:30-10:00am			
Tuesday				7:00-9:00am	6:30-9:00am	6:30-9:00am
Wednesday	8:00-10:00am	7:30-10:00am	7:30-10:00am			
Thursday				7:00-9:00am	6:30-9:00am	6:30-9:00am
Friday	8:00-10:00am	7:30-10:00am	7:30-10:00am			
Saturday				7:00-10:00am	7:00-10:00am	7:00-10:00am

Dryland

	Senior I	Senior II	National	Senior I	Senior II	National
Monday						
Tuesday				9:00-10:00am	9:00-10:00am	9:00-10:00am
Wednesday						
Thursday				9:00-10:00am	9:00-10:00am	9:00-10:00am
Friday						
Saturday					10:00-11:00am	10:00-11:00am

PM Practice, pool

	Senior I	Senior II	National	Senior I	Senior II	National
Monday	5:00-6:00pm		6:00-7:00pm		5:00-6:00pm	5:00-6:00pm
Tuesday						
Wednesday	5:00-6:00pm		6:00-7:00pm		5:00-6:00pm	5:00-6:00pm
Thursday						
Friday			6:00-7:00pm		5:00-6:00pm	5:00-6:00pm
Saturday						

Weights

Schedule July 5th-July 30th

	Furman			Municipal		
	Senior I	Senior II	National	Senior I	Senior II	National
Monday				7:30-9:30am	7:30-10:00am	7:30-10:00am
Tuesday	7:00-9:00am	6:30-9:00am	6:30-9:00am			
Wednesday				7:30-9:30am	7:30-10:00am	7:30-10:00am
Thursday	7:00-9:00am	6:30-9:00am	6:30-9:00am			
Friday	7:00-9:00am	6:30-9:00am	6:30-9:00am			
Saturday				7:00-10:00am	7:00-10:00am	7:00-10:00am

Dryland

	Senior I	Senior II	National	Senior I	Senior II	National
Monday				6:30-7:30am	6:30-7:30am	6:30-7:30am
Tuesday						
Wednesday				6:30-7:30am	6:30-7:30am	6:30-7:30am
Thursday						
Friday						
Saturday		10:00-11:00am	10:00-11:00am		10:00-11:00am	10:00-11:00am

PM Practice, pool

	Senior I	Senior II	National	Senior I	Senior II	National
Monday						
Tuesday	5:00-6:00pm		6:00-7:00pm		5:00-6:00pm	5:00-6:00pm
Wednesday						
Thursday	5:00-6:00pm		6:00-7:00pm		5:00-6:00pm	5:00-6:00pm
Friday			6:00-7:00pm		5:00-6:00pm	5:00-6:00pm
Saturday						

Weights