

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		9:00AM Positions			9:00AM Positions High	9:00AM JCP Prep
						9:30AM JCP AD/EX
						10:00AM JCP HP
		12:10PM Academy Strength	12:10PM Stretch/Flex	12:10PM Conditioning	12:10PM Academy Conditioning	
	3:30PM JCP PREP	3:30PM TOI Open	3:30PM JCP HP	3:30PM TOI INT	3:30PM Expression	
	4:00PM JCP AS/EX					
	4:30PM JCP HP					