

# Winter 2024 Conditioning: Program Schedule

## Session 1

### Week 1:

Monday 2/5: 2:15pm – 4:00pm

Wednesday 2/7: 12:30pm – 2:15pm

Friday 2/9: 12:30pm – 2:15pm

### Week 2:

Monday 2/12: 2:15pm – 4:00pm

Wednesday 2/14: 2:15pm – 4:00pm

Friday 2/16: 2:15pm – 4:00pm

### Week 3:

Monday 2/19: time TBD

Wednesday 2/21: 2:15pm – 4:00pm

Friday: 2/23 2:15pm – 4:00pm

### Week 4:

Monday 2/26: 2:15pm – 4:00pm

Wednesday 2/28: 2:15pm – 4:00pm

Friday 3/1: 2:15pm – 4:00pm

## Session 2

### Week 1:

Monday, Wednesday, Friday (3/4 – 3/8) 2:15pm – 4:00pm

### Week 2:

Monday, Wednesday, Friday 3/11- 3/15) 2:15pm – 4:00pm

### Week 3:

Monday, Wednesday, Friday (3/18 – 3/22) 2:15pm – 4:00pm

### Week 4:

Monday, 3/25 2:15pm – 4:00pm

Wednesday 3/27 2:15pm – 4:00pm

Friday 3/29 (no school) Time TBD