		RESILIENCE FITNESS SUMMER SCHEDULE 2024 (June 24th - August 30th)														
	MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			
	Adult		Youth	Adult		Youth	Adult		Youth	Adult		Youth	Adult		Youth	
5am-6am	CF			CF			CF			CF			CF			
6am-7am	CF	RUSH		CF	RUSH		CF	RUSH		CF	RUSH		CF	RUSH		
7am-8am	CF	RUSH		CF	RUSH		CF	RUSH		CF	RUSH		CF	RUSH		
8am-9am	RUSH			RUSH			RUSH			RUSH			RUSH			
9am-10am	CF			CF			CF			CF			CF			
10am-11am	SUMMER RUSH 10-11am		Kids 10-11am	SUMMER RUSH 10-11am		Kids 10-11am	SUMMER RUSH 10-11am		Kids 10-11am	SUMMER RUSH 10-11am		Kids 10-11am				
11am-12pm																
12pm-1pm	CF			CF			CF			CF			CF			
1pm-2pm																
2pm-3pm																
3pm-4pm																
4pm-5pm 4:30pm-5:30pm													RUSH			
5pm-6pm 5:15pm-6:15pm 5:30pm-6:30pm	CF		Middle School Strength & Conditioning 5:15-6:15pm	CF		High School Strength & Conditioning 5:15-6:15pm	CF		Middle School Strength & Conditioning 5:15-6:15pm	CF		High School Strength & Conditioning 5:15-6:15pm	CF			
6pm-7pm 6:15pm-7:15pm	RI	JSH		RI	JSH		RL	ISH		RL	ISH					
7pm-8pm																