



## Week of Jan 8, 2018

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Blue</b>	6:10-7pm Littleton YMCA		6:10-7pm Littleton YMCA		6:10-7pm Littleton YMCA	
<b>Dryland</b>	6-6:10pm		6-6:10pm		6-6:10pm	
<b>White</b>	7-8pm Littleton YMCA	7-8pm Littleton YMCA	5-6pm Northridge	7-8pm Littleton YMCA	7-8pm Littleton YMCA	
<b>Dryland</b>	6:50-7pm	6:50-7pm	4:45-5pm	6:50-7pm	6:50-7pm	
<b>Silver</b>	5-6pm Northridge	7-8pm Littleton YMCA	5-6pm Northridge	7-8pm Littleton YMCA	5-6pm Northridge	
<b>Dryland</b>	4:45-5pm	6:50-7pm	4:45-5pm	6:50-7pm	4:45-5pm	
<b>Red</b>	5-6pm Northridge	5:30-7pm Northridge	5-6pm Northridge	7-8:30pm Northridge	5-6pm Northridge	9-10:30am Northridge
<b>Dryland</b>	4:45-5pm	5:15-5:30pm	4:45-5pm	6:45-7pm	4:45-5pm	8:45-9am
<b>State</b>	5-6pm Northridge	5:30-7pm Northridge	5-6pm Northridge	7-8:30pm Northridge	5-6pm Northridge	9-10:30am Northridge
<b>Dryland</b>	4:15-5pm	5:15-5:30pm	4:15-5pm	6:45-7pm	4:15-5pm	8:45-9am
<b>Sectional</b>	4-5pm Northridge	3:30-5:30pm Northridge	4-5pm Northridge	3:15-4:45pm Westridge	4-5pm Northridge	7-9am Northridge
<b>Dryland</b>	3:15-4pm	3:15-3:30pm	3:15-4pm	3-3:15pm	3:15-4pm	6:45-7am
<b>High School</b>	4-5pm (+ Only) Northridge	5:30-7pm Northridge	4-5pm (+ Only) Northridge	7-8:30pm Northridge	4-5pm (+ Only) Northridge	9-10:30am Northridge
<b>Dryland</b>	3:15-4pm	5:15-5:30pm	3:15-4pm	6:45-7pm	3:15-4pm	8:45-9am
<b>Senior</b>	5:15-6-45am* 4-5pm Northridge	3:30-5:30pm Northridge	5:15-6-45am* 4-5pm Northridge	3:15-4:45pm Westridge	5:15-6-45am* 4-5pm Northridge	7-9am Northridge
<b>Dryland</b>	3:15-4pm	3:15-3:30pm	3:15-4pm	3-3:15pm	3:15-4pm	6:45-7am
<b>National</b>	5:15-6-45am* 3:30-5:00pm Northridge	3:30-5:30pm Northridge	5:15-6-45am* 3:30-5:00pm Northridge	3:15-4:45pm Westridge	5:15-6-45am* 3:30-5:00pm Northridge	7-9am Northridge
<b>Dryland-Weights</b>	3:15-3:30pm DL 5:15-6pm DL	3:15-3:30pm DL 5:45-6:30pm W	3:15-3:30pm DL 5:15-6pm DL	3-3:15pm DL Weights on Own	3:15-3:30pm DL 5:15-6pm DL	6:45-7am DL 9:15-10am W