April Training Sessions
04/03 - 04/28

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
APRIL	**3** **ADULT** 5:30AM **JR SAQ - 6:00PM** H.S. **Elite Speed - 7:00PM**	**4** **Y. Wrestling - 7:00PM** **H.S. Wrestling – 7:00PM**	**5** **ADULT** 5:30 AM **JR SAQ - 6:00PM** H.S. **Elite Speed - 7:00PM**	**6** **Y. Wrestling – 7:00PM** **H.S. Wrestling – 7:00PM**	**7** **ADULT** 5:30 AM	**8**
9 EASTER ✞	**10** **ADULT** 5:30AM **JR SAQ** - 6:00PM H.S. **Elite Speed** - 7:00PM	**11** **Y. Wrestling** - 7:00PM **H.S. Wrestling** – 7:00PM	**12** **ADULT** 5:30AM **JR SAQ** - 6:00PM H.S. **Elite Speed** - 7:00PM	**13** **Y. Wrestling** - 7:00PM **H.S. Wrestling** – 7:00PM	**14** **ADULT** 5:30 AM	**15**
16	**17** **ADULT** 5:30 AM **JR SAQ** - 6:00PM H.S. **Elite Speed** - 7:00PM	**18** **Y. Wrestling** - 7:00PM **H.S. Wrestling** – 7:00PM	**19** **ADULT** 5:30 AM **JR SAQ** - 6:00PM H.S. **Elite Speed** - 7:00PM	**20** **Y. Wrestling** - 7:00PM **H.S. Wrestling** – 7:00PM	**21** **ADULT** 5:30 AM	**22**
23	**24** **ADULT** 5:30 AM **JR SAQ** - 6:00PM H.S. **Elite Speed** - 7:00PM	**25** **Y. Wrestling** - 7:00PM **H.S. Wrestling** – 7:00PM	**26** **ADULT** 5:30 AM **JR SAQ** - 6:00PM H.S. **Elite Speed** - 7:00PM	**27** **Y. Wrestling** - 7:00PM **H.S. Wrestling** – 7:00PM	**28** **ADULT** 5:30 AM	**29**
30						

JR SAQ	**HS Elite**	**Youth Wrestling**	**HS Wrestling**	**ADULT Fitness**
Mon/Wed 6:00pm	Mon/Wed 7:00pm	Tues 7:00-8:30pm Thurs 7:00-8:30pm	Tues 7:00pm Thurs 7:00pm	Mon /Wed/ Fri 5:30am