WEEKLY FIELD USE
WEEK OF MAY 22, 2017

Monday	Field 1	Field 2	Field 3	Track	Weights	Rack	Functional
9:00am						ADLT BOX	ADLT BOX
10:00am							
11:00am							
12:00pm							
1:00pm							
2:00pm							
2:30pm							
3:30pm	RUSH ATHLETE						
4:30pm	JUMP START				RUSH ELITE	YTH Strike	
5:30pm	JUMP START		YTH BJJ			ADLT Box	
6:30pm	RUSH ATHLETE	TOTAL COND	6:45				
7:30pm	IMPACT	IMPACT	IMPACT		RUSH ELITE		

Tuesday	Field 1	Field 2	Field 3	Track	Weights	Rack	Functional
9:00am						ADLT BOX	ADLT BOX
10:00am							
11:00am							
12:00pm							
1:00pm							
2:00pm							
2:30pm							
3:30pm	RUSH ATHLETE						
4:30pm	JUMP START				RUSH ELITE	YTH Strike	
5:30pm	JUMP START		YTH BJJ			ADLT Box	
6:30pm	RUSH ATHLETE	TOTAL COND	6:45				
7:30pm	MANUCCI	MANUCCI	MANUCCI		RUSH ELITE		

Wednesda	Field 1	Field 2	Field 3	Track	Weights	Rack	Functional
9:00am						ADLT BOX	ADLT BOX
10:00am							
11:00am							
12:00pm							
1:00pm							
2:00pm							
2:30pm							
3:30pm	RUSH ATHLETE						
4:30pm	JUMP START	INFERNO			RUSH ELITE	YTH Strike	
5:30pm	JUMP START	INFERNO	YTH BJJ			ADLT Box	
6:00		COERVER	COERVER				
6:30pm	RUSH ATHLETE	COERVER	COERVER	TOTAL COND			
7:30pm					RUSH ELITE		

Thursday	Field 1	Field 2	Field 3	Track	Weights	Rack	Functional
9:00am						ADLT BOX	ADLT BOX
10:00am							
11:00am							
12:00pm							
1:00pm							
2:00pm							
2:30pm							
3:30pm	RUSH ATHLETE						
4:30pm	JUMP START				RUSH ELITE	YTH Strike	
5:30pm	JUMP START		YTH BJJ			ADLT Box	
6:30pm	RUSH ATHLETE		6:45	TOTAL COND			YOGA
7:30pm	MANUCCI	MANUCCI	MANUCCI		RUSH ELITE		

Friday	Field 1	Field 2	Field 3	Track	Weights	Rack	Functional
9:00am						ADLT Box	ADLT BOX
10:00am							
11:00am							
12:00pm							
1:00pm							
2:00pm							
2:30pm							
3:30pm	RUSH ATHLETE						
4:30pm	JUMP START				RUSH ELITE	YTH Strike	
5:30pm	TOTAL COND		YTH BJJ			ADLT Box	
6:30pm							
7:30pm							

Saturday	Field 1	Field 2	Field 3	Track	Weights	Rack	Functional
9:00am	Inferno	Inferno					
10:00am	Inferno	Inferno					
11:00am	Inferno	Inferno					
12:00pm	Inferno	Inferno					
1:00pm	Inferno	Inferno					
2:00pm	Inferno	Inferno					
2:30pm	Inferno	Inferno					
3:30pm							
4:30pm							
5:30pm							
6:30pm							
7:30pm							

Sunday	Field 1	Field 2	Field 3	Track	Weights	Rack	Functional
9:00am							
10:00am							
11:00am							
12:00pm							
1:00pm	Coerver	Coerver	Coerver				
2:00pm	Coerver	Coerver	Coerver				
2:30pm	Coerver	Coerver	Coerver				
3:30pm							
4:30pm							
5:30pm							
6:30pm							
7:30pm							