

**Team Sopris Summer 2024 to begin Monday June 3rd -- (check front page of website for weekly changes)**

<b>Group:</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Master's</b>	5:30-7:00 am	NONE	5:30-7:00 am	NONE	5:30-7:00 am	NONE
<b>SR</b>	6:00-8:15 am	6:30-8:15 am	7:00-8:45 am	6:30-8:15 am	6:00-8:15 am	8:00-10:00 am
<b>JR</b>	7:00-8:15 am	6:30-8:15 am	7:00-8:45 am	6:30-8:15 am	7:00-8:15 am	8:00-10:00 am
<b>CUDA/JR/SR Dry land</b>	NONE	8:30-9:15 am DRY	NONE	8:30-9:15 am DRY	NONE	NONE
<b>CUDA</b>	8:15-9:30 am	8:15-9:30 am	NONE	8:15-9:30 am	8:15-9:30 am	8:30-10:00 am
<b>Adaptive</b>	NONE	9:30-10:30 am	NONE	9:30-10:30 am	NONE	9:00-10:00 am
<b>Challenge</b>	5:00-6:00 pm	9:30-10:30 am	5:00-6:00 pm	9:30-10:30 am	NONE	8:30-10:00 am
<b>Discovery</b>	5:00-6:00 pm	NONE	5:00-6:00 pm	NONE	9:30-10:30 am	9:00- 10:00 am
<b>GSHS Conditioning</b>	NONE	5:00-6:30 pm	8:45- 10:00 am	NONE	NONE	NONE