

Team Sopris Summer 2024 to begin Monday June 3rd						
Group:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Master's	5:30-7:00 am	NONE	5:30-7:00 am	NONE	5:30-7:00 am	NONE
SR	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
JR	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
CUDA/JR/SR Dry land	NONE	8:30-9:15 am DRY	NONE	8:30-9:15 am DRY	NONE	NONE
CUDA	8:15-9:30 am	8:15-9:30 am	NONE	5:00-6:15 pm	8:15-9:30 am	8:30-10:00 am
Adaptive	NONE	9:30-10:30 am	NONE	9:30-10:30 am	NONE	9:00-10:00 am
Challenge	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
Discovery	5:00-6:00 pm	NONE	5:00-6:00 pm	NONE	9:30-10:30 am	9:00- 10:00 am
GSHS Conditioning	NONE	NONE	8:45-10:00 am	6:15-7:15 pm	NONE	NONE