

CHINOOK	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Sport B 1&2: 5 - 7:30pm	Development A 1&2: 5 - 8pm	Sport B 1&2: 5 - 7:30pm	Development A 1&2: 5 - 8pm	Sport A 1&2: 5 - 7:30pm	Chinook/Rocky Performance: 8 - 11am	Sport A 1&2: 4 - 6:30pm
	Sport B 3&4: 5 - 7pm	Development A 3: 5 - 7:30pm	Sport B 3&4: 5 - 7pm	Development A 3: 5 - 7:30pm	Sport A 3&4: 5 - 7pm	(location will include other CCC gyms - not always Chinook)	Sport A 3&4: 4 - 6pm
	Development B 1&2: 5 - 8pm	Chinook Performance 1/2: 5:30 - 8:30pm	Development B 1&2: 5 - 8pm	Chinook Performance 1/2: 5:30 - 8:30pm			
	Development B 3: 5 - 7:30pm		Development B 3: 5 - 7:30pm				
ROCKY	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Development B 1&2: 5 - 8pm	Sport B 1&2: 4 - 6:30pm	Development B 1&2: 5 - 8pm	Sport B 1&2: 4 - 6:30pm	Sport A 1&2: 5 - 7:30pm	Chinook/Rocky Dev 1&2 Optional: 8am - 11am	Sport A 1&2: 4 - 6:30pm
	Development B 3: 5 - 7:30pm	Sport B 3&4: 4 - 6pm	Development B 3: 5 - 7:30pm	Sport B 3&4: 4 - 6pm	Sport A 3&4: 5 - 7pm	Chinook/Rocky Dev 3 Optional: 8am - 10:30am	Sport A 3&4: 4 - 6pm
	Rocky Performance 1/2: 5:30 - 8:30pm	Development A 1&2: 5 - 8pm	Rocky Performance 1/2: 5:30 - 8:30pm	Development A 1&2: 5 - 8pm	Speed Team 1&2: 5 - 7pm	(location will include other CCC gyms - not always Rocky)	Speed Sessions: 5 - 6pm
		Development A 3: 5 - 7:30pm		Development A 3: 5 - 7:30pm	Speed Team 1&2: 6:30 - 8:30pm		Speed Sessions 1&2: 6 - 7pm
							Speed Sessions 1&2: 7 - 8pm
STRONGHOLD	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Development A 1&2: 5 - 8pm	Sport B 1&2: 5 - 7:30pm	Development A 1&2: 5 - 8pm	Sport B 1&2: 5 - 7:30pm	Sport A 1&2: 5 - 7:30pm	Stronghold/Hanger Dev 1&2 Optional: 8 - 11am	Sport A 1&2: 4 - 6:30pm
	Development A 3: 5 - 7:30pm	Sport B 3&4: 5 - 7pm	Development A 3: 5 - 7:30pm	Sport B 3&4: 5 - 7pm	Sport A 3&4: 5 - 7pm	(location will include other CCC gyms - not always Stronghold)	Sport A 3&4: 4 - 6pm
HANGER	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Sport B 1&2: 5 - 7:30pm	Development A 1&2: 5 - 8pm	Sport B 1&2: 5 - 7:30pm	Development A 1&2: 5 - 8pm	Sport A 1&2: 5 - 7:30pm	Stronghold/Hanger Dev 3 Optional: 8 - 10:30am	Sport A 1&2: 4 - 6:30pm
	Sport B 3&4: 5 - 7pm	Development A 3: 5 - 7:30pm	Sport B 3&4: 5 - 7pm	Development A 3: 5 - 7:30pm	Sport A 3&4: 5 - 7pm	(location will include other CCC gyms - not always Hanger)	Sport A 3&4: 4 - 6pm