

REVOLUTION ATHLETICS

FALL 2017 UPDATED SCHEDULE

HIGH SCHOOL

MONDAY-THURSDAY	
STRENGTH	SPEED
3:30	
4:30	4:30
	5:30
6:30	
	7:30
8:30	

FRIDAY		4:30 SPEED	
	3:30 STRENGTH		5:30 STRENGTH
SATURDAY	10:00 SPEED		
		11:00 STRENGTH	