

	Monday				Tuesday					
	AH 1	AH 2	AH 3	Fitness	AH 1	AH 2	AH 3	Fitness	AH 1	AH 2
7:00										
7:30										
8:00										
8:30										
9:00										
9:30										
10:00										
10:30										
11:00										
11:30										
12:00										
12:30										
13:00										
13:30										
14:00										
14:30										
15:00										
15:30										
16:00										
16:30										
17:00										
17:30										
18:00										
18:30										
19:00										
19:30										
20:00										
20:30										
21:00										

RPDC Squad - All I

12U RPDC Squad  
(12 players - 3 Coaches)

12U RPDC Squad  
(12 players - 3 Coaches)

14U RPDC Squad  
(12 players - 3 Coaches)

Refuel

14U RPDC Squad  
(12 players - 3 Coaches)

Refuel

12U Fitness

12U Fitness

12U RPDC Squad  
(12 players - 3 Coaches)

14U Fitness

12U RPDC Squad  
(12 players - 3 Coaches)

14U Fitness

Refuel

Refuel

14U RPDC Squad  
(12 players - 3 Coaches)

14U RPDC Squad  
(12 players - 3 Coaches)

	Wednesday		Thursday				Friday					
	AH 3	Fitness	AH 1	AH 2	AH 3	Fitness	AH 1	AH 2	AH 3	Out 13		
7:00	Players						14U RPDC Squad (12 players - 3 Coaches)					
7:30												
8:00												
8:30		Refuel								Ref		
9:00		Fitness								Fitn		
9:30												
10:00		Refuel								Ref		
10:30												
11:00												
11:30												
12:00												
12:30												
13:00			12U RPDC Squad (12 players - 3 Coaches)									
13:30												Ref
14:00							12U RPDC Squad (12 players - 3 Coaches)			Fitn		
14:30			14U RPDC Squad (12 players - 3 Coaches)		Refuel							
15:00					12U Fitness							
15:30												
16:00			12U RPDC Squad (12 players - 3 Coaches)		14U Fitness							
16:30												
17:00						Refuel						
17:30			14U RPDC Squad (12 players - 3 Coaches)									
18:00												
18:30												
19:00												
19:30												
20:00												
20:30												
21:00												

Saturday						
	Out 15	AH 1	AH 2	AH 3	Out 13	Out 15
7:00						
7:30						
8:00						
8:30	uel	12U RPDC Squad (12 players - 3 Coaches)			Refuel	
9:00	ess				14U Fitness	
9:30						
10:00	uel	14U RPDC Squad (12 players - 3 Coaches)			12U Fitness	
10:30						
11:00						
11:30						
12:00						
12:30						
13:00						
13:30	uel					
14:00	ess					
14:30						
15:00						
15:30						
16:00						
16:30						
17:00						
17:30						
18:00						
18:30						
19:00						
19:30						
20:00						
20:30						
21:00						