

## **Gold Training Schedule**

**"Pick any 3 Practices"**

### **Monday**

7:00 - 8:00 pm @ WFCU

### **Wednesday**

7:00 - 8:00 pm @ WFCU

### **Friday**

7:00 - 8:00 pm @ WFCU

### **Tuesday**

4:00 - 5:00 pm @ WIATC

### **Thursday**

4:00 - 5:00 pm @ WIATC

### **Saturday**

12:30pm-1:30pm @ WIATC