



## TREX TRAINING SCHEDULE 2024-2025

TREX A	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	4:00-5:00pm FH	5:00-6:00pm FH	OFF	5:20-6:00pm FH	OFF	3:00-4:30pm UC
				5:00-5:20pm DL		
TREX B	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:00-6:00pm FH	OFF	4:00-5:00pm FH	4:40-5:20pm FH	OFF	3:00-4:30pm UC
				4:20-4:40pm DL		
TREX C	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	OFF	4:00-5:00pm FH	5:00-6:00pm FH	4:00-4:40pm FH	OFF	3:00-4:30pm UC
				4:40-5:00pm DL		

\*FH – Foothills Pool

\*DL – Dryland Training Time