

OPRF Schedule (B-S-G-N) June 2-7

*High School students completing finals next week are encouraged to make it to a minimum of 3 workouts. If you can only come in for an hour, that's ok too. The exercise will help keep your brain sharp! No morning workouts for national group.

June 2-7	Mon	Tue	Wed	Thur	Fri	Sat
<i>National</i>	3:30-5:30pm EAST	NO AM 3:30-5:30pm EAST	3:30-5:30pm EAST	NO AM 3:30-5:30pm EAST	4:30-6 pm @ EAST	8-10am EAST
<i>Gold</i>	3:30-5:30pm EAST	3:30-5:30pm EAST	3:30-5:30pm EAST	3:30-5:30pm EAST	4:30-6 pm @ EAST	8-10am EAST
<i>Silver</i>	5:30-7:30pm EAST	5:30-7:30pm EAST	5:30-7:30pm EAST	5:30-7:30pm EAST	5:30-7:30pm @ EAST	8-10am EAST
<i>Bronze</i>	No Practice	5:30-7pm @ WEST	5:30-7pm @ WEST	5:30-7pm @ WEST	5:30-7pm @ EAST	No Practice

**Starting Monday, June 9th we will begin our summer schedule.

M-F: 6:45-9am for S-G-N @ Ridgeland

M-F: 7-8:30 for Bronze (M-W-F @ Ridgeland; T-Th @ OPRF EAST)

M-T-Th: 3:30-5:30pm for National @ OPRF WEST (includes dryland 2 of the 3 afternoons)