

Saline Stingrays Winter Break Training Plan

*USA Registered Silver members are welcome to attend any Gold/ Gold+ sessions

Mon 12/23	Tue 12/24	Wed 12/ 25	Thu 12/26	Fri 12/27	Sat 12/28	Sun 12/29
Plat/ HS: 8-9:30 am Gold/ Gold+ 8-9:30 am	No Training X-Mas Eve	No Training X-Mas	Plat/ HS: 4-6 pm	Plat/ HS: 8-10 am 4:30-6 pm Gold/ Gold+ 3-4:30 pm Silver/ Bro 2-3 pm	Plat/ HS: 8-10 am Gold/ Gold+ 11:30-1 pm Silver/ Bro 1-2 pm	Plat/ HS: 8-10 am
Mon 12/30	Tue 12/31	Wed 1/1	Thu 1/2	Fri 1/3	Sat 1/4	Sun 1/5
Plat/ HS: 8-10 am 4:30-6 pm Gold/ Gold+ 3-4:30 pm	Plat/ HS: 8-10 am Gold/ Gold+ 10-11:30 Silver/ Bro 11:30- 12:30	No Training NY Day	Plat/ HS: 8-10 am 4:30-6 pm Gold/ Gold+ 3-4:30 pm	Plat/ HS: 8- 10 am Gold/ Gold+ 11:30-1 p Silver/ Bro 1-2 pm	Training Continues as normal.	REST DAY