Program 1 – Weekly Schedule

Time	6 M	6 F	7 M	7 F	8 M	8 F	9 M	9 F	10 M	10 F
8:45	WU	WU	WU	WU	WU	WU	WU	WU	WU	WU
9:00	V	LJ	LJ	FJ	V	DISC	70	70	70	70
9:25	70	70	200	200	70	70	DISC	V	SP	SJ
9:50	SP	V	DISC	SP	LJ	LJ	200	200	100	100
10:15	100	100	70	70	100	100	LJ	LJ	SJ	V
10:40							800	800	800	800
11:05										

Time	11 M	11 F	12 M	12 F	13 M	13 F	14-17 M & F
8:45	WU	WU	WU	WU	WU	WU	WU
9:00	100	100	100	100	200H	200H	SP
9:25	LJ	LJ	TJ	SP	DISC	HJ	300H
9:50	200	200	200	200	100	100	JAV
10:15	DISC	SP	JAV	HJ	HJ	DISC	100
10:40	800	800	800	800	800	800	LJ
11:05							800

WU = Warm Up. Event times are approximate and may vary. Please listen for announcements.

Program 2 – Weekly Schedule

Time	6 M	6 F	7 M	7 F	8 M	8 F	9 M	9 F	10 M	10 F
8:45	WU	WU	WU	WU	WU	WU	WU	WU	WU	WU
9:00	LJ	SP	60H	60H	60H	60H	60H	60H	200	200
9:25	200	200	FJ	LJ	SJ	V	200	200	60H	60H
9:50	V	DISC	SP	DISC	700	700	SJ	SJ	LJ	LJ
10:15	100	100	500	500	SP	SJ	400	400	V	400
10:40							V	SP	400	DISC
11:05										

Time	11 M	11 F	12 M	12 F	13 M	13 F	14-17 M & F
8:45	WU	WU	1500W	1500W	1500W	1500W	1500W
9:00	JAV	DISC	SP	LJ	LJ	TJ	HJ
9:25	80H	80H	HJ	DISC	SP	JAV	DISC
9:50	TJ	HJ	80H	80H	400	400	400
10:15	1500	1500	400	400	80H	80H	100H/90H
10:40	HJ	TJ					TJ
11:05							

WU = Warm Up. Event times are approximate and may vary. Please listen for announcements.

Program 3 – Weekly Schedule

Time	6 M	6 F	7 M	7 F	8 M	8 F	9 M	9 F	10 M	10 F
8:45	WU	WU	WU	WU	WU	WU	WU	WU	WU	WU
9:00	DISC	50	V	SP	LJ	SJ	100	100	1100W	1100W
9:25	50	LJ	70	70	100	100	700W	700W	DISC	LJ
9:50	300	300	LJ	V	DISC	SP	SJ	LJ	100	100
10:15	70	V	100	100	200	200	800	800	LJ	SP
10:40							SP	DISC	800	800
11:05										

Time	11 M	11 F	12 M	12 F	13 M	13 F	14-17 M & F
8:45	WU	WU	1500	1500	1500	1500	1500
9:00	1100W	1100W	LJ	TJ	100	100	100
9:25	200	200	200	200	JAV	SP	HJ
9:50	HJ	TJ	JAV	SP	200	200	200
10:15	400	400	DISC	JAV	TJ	LJ	SP
10:40	SP	JAV					LJ
11:05							

WU = Warm Up. Event times are approximate and may vary. Please listen for announcements.

Program 4 – Weekly Schedule

Time	6 M	6 F	7 M	7 F	8 M	8 F	9 M	9 F	10 M	10 F
8:45	WU	WU	WU	WU	WU	WU	WU	WU	WU	WU
9:00	LJ	DISC	FJ	DISC	V	100	100	100	70	70
9:25	200	200	200	200	100	V	LJ	SJ	SJ	SP
9:50	V	FJ	SP	LJ	SJ	LJ	400	400	400	400
10:15	70	70	100	100	70	70	SP	DISC	DISC	SJ
10:40							70	70	100	100
11:05										

Time	11 M	11 F	12 M	12 F	13 M	13 F	14-17 M & F
8:45	WU	WU	WU	WU	WU	WU	WU
9:00	TJ	LJ	100	JAV	200H	200H	TJ
9:25	100	100	TJ	100	LJ	DISC	300H
9:50	HJ	HJ	JAV	TJ	200	200	DISC
10:15	800	800	800	800	JAV	HJ	200
10:40	DISC	DISC	HJ	HJ	800	800	JAV
11:05							800

WU = Warm Up. Event times are approximate and may vary. Please listen for announcements.

Program 5 – Weekly Schedule

Time	6 M	6 F	7 M	7 F	8 M	8 F	9 M	9 F	10 M	10 F
8:45	WU	WU	WU	WU	WU	WU	WU	WU	WU	WU
9:00	SP	LJ	60H	60H	60H	60H	60H	60H	200	200
9:25	200	200	LJ	FJ	DISC	SP	200	V	60H	60H
9:50	FJ	V	DISC	SP	LJ	SJ	V	200	SP	LJ
10:15	100	100	500	500	700	700	SJ	LJ	LJ	800
10:40							800	800	800	V
11:05										

Time	11 M	11 F	12 M	12 F	13 M	13 F	14-17 M & F
8:45	WU	WU	1500W	1500W	1500W	1500W	1500W
9:00	200	200	SP	LJ	DISC	JAV	HJ
9:25	80H	80H	80H	80H	400	400	DISC
9:50	LJ	HJ	400	400	80H	80H	400
10:15	SP	SP	HJ	DISC	HJ	TJ	100H/90H
10:40	1500	1500					LJ
11:05							

WU = Warm Up. Event times are approximate and may vary. Please listen for announcements.

Program 6 – Weekly Schedule

Time	6 M	6 F	7 M	7 F	8 M	8 F	9 M	9 F	10 M	10 F
8:45	WU	WU	WU	WU	WU	WU	WU	WU	WU	WU
9:00	DISC	SP	V	LJ	SP	LJ	100	100	1100W	1100W
9:25	50	50	70	70	100	100	700W	700W	V	SJ
9:50	300	300	SP	V	SJ	DISC	LJ	SJ	200	200
10:15	LJ	70	100	100	200	200	400	400	SJ	DISC
10:40					400W (Opt)	400W (Opt)	DISC	SP	400	400
11:05										

Time	11 M	11 F	12 M	12 F	13 M	13 F	14-17 M & F
8:45	WU	WU	WU	WU	WU	WU	WU
9:00	1100W	1100W	100	100	100	100	JAV
9:25	TJ	100	LJ	JAV	SP	LJ	200
9:50	100	TJ	200	200	200	200	SP
10:15	JAV	400	DISC	HJ	TJ	SP	100
10:40	400	JAV	1500	1500	1500	1500	TJ
11:05							1500

WU = Warm Up. Event times are approximate and may vary. Please listen for announcements.