

Time	Mon	Tues	Wed	Thurs	Fri
6:00	Elite Workout (elite returns at 7:45)				
7:00-8:30	Wake up/Chores/ Hygiene/Breakfast				
8:30-12:15	School				
12:15-1:15	Lunch				
1:15-1:30	Prep for Clinical				
1:30-4:00	Clinical Schedule				
4:00-4:15	Work out Prep/Snack				
4:15-5:45	Team Work Outs				
6:00-7:00	Dinner				
7:00-9:00	Team Time / Hygiene				
9:00-9:30	Community				
9:30-10:30	Relax and Lights Out				

Time	Sun	Sat
6:00-8:30	Sleep-in	
8:30-9:30	Wake up Hygiene/Shower	
9:30-10:00	Breakfast/Chores	
10:30	Deep Clean Vans Rooms	Community
11:00		Open Time
11:30		
12:00-1:00	Lunch	
1:00-3:00	T-1 Movie/ Activity	AM Activity
3:00-5:30	T-2 Movie/ Activity	Activity
5:30-6:30	Dinner	Pizza Night
6:30	Devotional	Activity T-3 Movie
7:00		
7:30		
8:00		
8:45	Community	
9:00		
9:30	Rooms	Community
10:15	Lights Out	Rooms
10:30		Lights Out