

Indoor

Millvale	6:10 PM	6:30 PM	7:15 PM	8:00 PM	
Monday	Warm up	Erg or Weights	Erg or Weights	Core&Stretch/Change	
Millvale	6:10 PM	6:30 PM	7:15 PM	8:00 PM	
Wednesday	Warm up	Erg or Weights	Erg or Weights	Core&Stretch/Change	
Millvale	7:40 AM	8:00 AM	8:45 AM	9:30 AM	9:50 AM
Saturday	Warm up	Erg or Weights	Erg or Weights	Core&Stretch/Change	breakfast

Water

Millvale	6:10 PM	6:30 PM	7:15 PM	8:00 PM	8:20 PM
Monday	Gear up	Paddle		Core/Weight/Change	Stretch
Millvale	6:10 PM	6:30 PM	7:15 PM	8:00 PM	8:20 PM
Wednesday	Gear up	Paddle		Core/Weight/Change	Stretch
Millvale	8:40 AM	9:00 AM	9:45 AM	10:30 AM	10:50 AM
Saturday	Gear up	Paddle		Core/Weight/Change	breakfast