

Training Schedule

Friday

9:00 am - 10:30 am	Kimberly Richardson
10:45 am - 12:15 pm	Kevin Choate
Lunch	
2:15 pm - 3:45 pm	Dan Messisco
4:00 pm - 5:30 pm	George Ledyard

Saturday

10:00 am - 11:30 am	Dan Messisco
11:45 am - 1:15 pm	Kimberly Richardson
Lunch	
2:15 pm - 3:45 pm	George Ledyard
4:00 pm - 5:30 pm	Kevin Choate

Sunday

9:00 am - 10:30 am	Dan Messisco
10:45 am - 12:15 pm	Kevin Choate
Lunch	
1:45 pm - 3:15 pm	George Ledyard
3:15 pm - 4:45 pm	Kimberly Richardson