



2024 Spring Performance Training Schedule | Starts: 2/19/2024

LOCATION KEY: ■ = Smith Weight Room/Roth Building ■ = Center for Performance and Leadership (next to Gallagher Gymnasium)

	Monday	Tuesday	Wednesday	Thursday	Friday
3:00 p.m. 4:00 p.m.	<p>Rugby Wrestling</p> <p>Basketball (All)</p>	<p>Crew Golf Swim & Dive Equestrian</p> <p>Tennis (All) Field Hockey Volleyball</p>	<p>Rugby Wrestling Hockey (All)</p> <p>Basketball(All) Soccer (All) Softball</p>	<p>Crew Golf Swim & Dive Equestrian</p> <p>Tennis (All) Field Hockey Volleyball</p>	Soccer (All)
4:00 p.m. 5:00 p.m.	<p>Football</p> <p>Hockey (All) Softball</p>	<p>Football</p>	<p>Football</p> <p>Cross Country Track</p>	<p>Football</p>	
5:00 p.m. 6:00 p.m.	<p>Cross Country Track</p>	<p>Baseball</p>	<p>Baseball</p>	<p>Baseball</p>	