WEEKLY FIELD USE
WEEK OF MAY 29, 2017

Monday	Field 1	Field 2	Field 3	Track	Weights	Rack	Functional
9:00am						ADLT BOX	ADLT BOX
10:00am	RUSH ATHLETE						
11:00am					RUSH ELITE		
12:00pm							VERTIMAX
1:00pm							
1:30pm	RUSH ATHLETE						
2:00pm							
2:30pm					RUSH ELITE		
3:30pm	RUSH ATHLETE						
4:30pm	JUMP START				RUSH ELITE	YTH Strike	
5:30pm	JUMP START					ADLT Box	
6:30pm	RUSH ATHLETE	TOTAL COND	YTH BJJ				
7:30pm							
Tuesday	**Field 1**	**Field 2**	**Field 3**	**Track**	**Weights**	**Rack**	**Functional**
9:00am						ADLT BOX	ADLT BOX
10:00am	RUSH ATHLETE						
11:00am					RUSH ELITE		
12:00pm							VERTIMAX
1:00pm							
1:30pm	RUSH ATHLETE						
2:30pm					RUSH ELITE		
3:30pm	RUSH ATHLETE						
4:30pm	JUMP START				RUSH ELITE	YTH Strike	
5:30pm	JUMP START		YTH BJJ			ADLT Box	
6:30pm	RUSH ATHLETE	TOTAL COND					
7:30pm	MANUCCI	MANUCCI	MANUCCI				
Wednesday	**Field 1**	**Field 2**	**Field 3**	**Track**	**Weights**	**Rack**	**Functional**
9:00am						ADLT BOX	ADLT BOX
10:00am	RUSH ATHLETE						
11:00am					RUSH ELITE		
12:00pm							VERTIMAX
1:00pm							
1:30pm	RUSH ATHLETE						
2:30pm					RUSH ELITE		
3:30pm	RUSH ATHLETE						
4:30pm	JUMP START	INFERNO			RUSH ELITE	YTH Strike	
5:30pm	JUMP START	INFERNO	YTH BJJ			ADLT Box	
6:00		COERVER	COERVER				
6:30pm	RUSH ATHLETE	COERVER	COERVER	TOTAL COND			
7:30pm	Team Impact	Team Impact	Team Impact				
Thursday	**Field 1**	**Field 2**	**Field 3**	**Track**	**Weights**	**Rack**	**Functional**
9:00am						ADLT BOX	ADLT BOX
10:00am	RUSH ATHLETE						
11:00am					RUSH ELITE		
12:00pm							VERTIMAX
1:00pm					COERVER ELITE		
1:30pm	RUSH ATHLETE	COERVER ELITE					
2:30pm					RUSH ELITE		
3:30pm	RUSH ATHLETE						
4:30pm	JUMP START				RUSH ELITE	YTH Strike	
5:30pm	JUMP START		YTH BJJ			ADLT Box	
6:30pm	RUSH ATHLETE			TOTAL COND			YOGA
7:30pm	MANUCCI	MANUCCI	MANUCCI				

Friday	Field 1	Field 2	Field 3	Track	Weights	Rack	Functional
9:00am						ADLT Box	ADLT BOX
10:00am	RUSH ATHLETE						
11:00am					RUSH ELITE		
12:00pm							VERTIMAX
1:00pm							
1:30pm	RUSH ATHLETE						
2:30pm					RUSH ELITE		
3:30pm	RUSH ATHLETE						
4:30pm	JUMP START				RUSH ELITE	YTH Strike	
5:30pm	TOTAL COND		YTH BJJ			ADLT Box	
6:30pm							
Saturday	**Field 1**	**Field 2**	**Field 3**	**Track**	**Weights**	**Rack**	**Functional**
9:00am	Inferno	Inferno					
10:00am	Inferno	Inferno					
11:00am	Inferno	Inferno					
12:00pm	Inferno	Inferno					
1:00pm	Inferno	Inferno					
2:00pm	Inferno	Inferno					
2:30pm	Inferno	Inferno					
3:30pm							
4:30pm							
5:30pm							
6:30pm							
7:30pm							
Sunday	**Field 1**	**Field 2**	**Field 3**	**Track**	**Weights**	**Rack**	**Functional**
8:00am	Team Impact	Team Impact	Team Impact				
10:00am							
11:00am							
12:00pm							
1:00pm	Coerver	Coerver	Coerver				
2:00pm	Coerver	Coerver	Coerver				
2:30pm	Coerver	Coerver	Coerver				
3:30pm							
4:30pm							
5:30pm							
6:30pm							
7:30pm							