

Allen, F.C.

8:30

9:30

10:30

11:30

1:30

2:30

3:30

4:30

Mon.

Th + P. Ath Tr.

Conditioning

Conditioning

Tues.

65. B. B.

Wed

Th + P. Ath. Tr.

Conditioning

Conditioning

Thurs.

65. B. B.

Fri.

Th + P. Ath. Tr.

Conditioning

Conditioning

Sat.