

Individual Weeklong Schedule

Sunday

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| 6:30 pm | Check-In |
| 7:00 – 8:30 pm | Session 1 <ul style="list-style-type: none">• (Rules & Introductions, Live Wrestling) |
| 10:00 pm | Pizza (Optional) |
| 10:30 pm | Lights Out |

Monday - Wednesday

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|-----------------|--|
| 7:15 am | Wake-Up |
| 7:30 am | Daily Run |
| 8:00 am | Breakfast |
| 9:15 – 11:00 am | Session 2, 5, & 8 <ul style="list-style-type: none">• (Technique / Intense Drilling) |
| 12:00 pm (noon) | Lunch |
| 2:00 – 4:00 pm | Session 3, 6, & 9 <ul style="list-style-type: none">• (Technique / Intense Drilling) |
| 4:30 pm | Dinner |
| 6:30 – 8:15 pm | Session 4, 7, & 10 <ul style="list-style-type: none">• (Live Wrestling) |
| 10:00 pm | Pizza (Optional) |
| 10:30 pm | Lights Out |

Thursday

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|-----------------|--|
| 7:15 am | Wake-Up |
| 7:30 am | Daily Run |
| 8:00 am | Breakfast |
| 9:15 – 11:00 am | Session 11 <ul style="list-style-type: none">• (Technique, Review, & Intense Drilling) |
| 11:15 am | Lunch |
| 12:00 – 1:30 pm | Session 12 <ul style="list-style-type: none">• (Technique & 30 Minute Hard Drill) |

