

Individual Weeklong Schedule

Sunday

6:30 pm	Check-In
7:00 – 8:30 pm	Session 1 • (Rules & Introductions, Live Wrestling)
10:00 pm	Pizza (Optional)
10:30 pm	Lights Out

Monday - Wednesday

7:45 am	Wake-Up
8:00 am	Daily Run
8:15 am	Breakfast
9:15 – 11:00 am	Session 2, 5, & 8 • (Technique / Intense Drilling)
12:00 pm (noon)	Lunch
2:00 – 4:00 pm	Session 3, 6, & 9 • (Technique / Intense Drilling)
4:30 pm	Dinner
6:30 – 8:15 pm	Session 4, 7, & 10 • (Live Wrestling)
10:00 pm	Pizza (Optional)
10:30 pm	Lights Out

Thursday

7:45am	Wake-Up
8:00am	Daily Run
8:15 am	Breakfast
9:15 – 11:00 am	Session 11 • (Technique, Review, & Intense Drilling)
11:15 am	Lunch
12:00 – 1:30 pm	Session 12 • (Technique & 30 Minute Hard Drill)

