

# **2020 Fall Sunday Breakfast Club Training Schedule**

## **Session (1) Sunday September 27, 2020**

**06:30 – 08:00 ~ Elite**

**08:00 – 09:30 ~ Junior Elite**

**09:30 – 11:00 ~ Gym Rat Elite**

## **Session (2) Sunday October 4, 2020**

**06:30 – 08:00 ~ Junior Elite**

**08:00 – 09:30 ~ Gym Rat Elite**

**09:30 – 11:00 ~ Elite**

## **Session (3) Sunday October 11, 2020**

**06:30 – 08:00 ~ Gym Rat Elite**

**08:00 – 09:30 ~ Elite**

**09:30 – 11:00 ~ Junior Elite**

## **Session (4) Sunday October 18, 2020**

**06:30 – 08:00 ~ Elite**

**08:00 – 09:30 ~ Junior Elite**

**09:30 – 11:00 ~ Gym Rat Elite**

**Session (5) Sunday October 25, 2020**

**06:30 – 08:00 ~ Junior Elite**

**08:00 – 09:30 ~ Gym Rat Elite**

**09:30 – 11:00 ~ Elite**

**Session (6) Sunday November 1, 2020**

**06:30 – 08:00 ~ Gym Rat Elite**

**08:00 – 09:30 ~ Elite**

**09:30 – 11:00 ~ Junior Elite**

**Session (7) Sunday November 8, 2020**

**06:30 – 08:00 ~ Elite**

**08:00 – 09:30 ~ Junior Elite**

**09:30 – 11:00 ~ Gym Rat Elite**

**Session (8) Sunday November 15, 2020**

**06:30 – 08:00 ~ Junior Elite**

**08:00 – 09:30 ~ Gym Rat Elite**

**09:30 – 11:00 ~ Elite**

**Session (9) Sunday November 23, 2020**

**06:30 – 08:00 ~ Gym Rat Elite**

**08:00 – 09:30 ~ Elite**

**09:30 – 11:00 ~ Junior Elite**