



SF Champions Fall 2020 Training Schedule



Days →	Monday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Groups ↓	Zoom Online (PM)	Zoom Mindful (PM)	Outdoors Holy Trinity (PM)	Zoom Online (PM)	Outdoors Holy Trinity (PM)	St. Emydius (PM)	SF Elite Sports Center (AM + PM)	SF Elite Sports Center (AM + PM)
Group 1	5:20 - 5:50	4:40 - 5:15	4:00 - 4:45 (S&C 5:00 - 5:45)	4:45 - 5:15			1:40 - 3:10 pm	
Group 2	5:20 - 5:50	4:40 - 5:15		4:45 - 5:15	4:00 - 4:45 (S&C 4:55 - 5:40)		12:00 - 1:30 pm	
Group 3	5:20 - 5:50	4:40 - 5:15		4:45 - 5:15	4:55 - 5:40 (S&C 4:00 - 4:45)		12:00 - 1:30 pm	
Group 4	5:20 - 5:50	4:40 - 5:15		4:45 - 5:15	6:45 - 7:30 (S&C 5:40 - 6:25)		10:20 - 11:50 am	
Group 5	4:00 - 4:30	4:40 - 5:15	5:50 - 6:35 (S&C 6:50 - 7:35)	4:00 - 4:30			9:10 - 10:10 am	11:25 am - 1:10 pm
Group 6	4:00 - 4:30	4:40 - 5:15	6:45 - 7:30 (S&C 6:00 - 6:45)	4:00 - 4:30			9:10 - 10:10 am	11:25 am - 1:10 pm
Group 7	4:00 - 4:30	4:40 - 5:15		4:00 - 4:30	5:50 - 6:35 (S&C 6:45 - 7:30)		10:20 - 11:20 am	1:15 - 3:00 pm
Group 8	4:00 - 4:30	4:40 - 5:15	4:55 - 5:40 (S&C 4:00 - 4:45)	4:00 - 4:30			1:40 - 3:10 pm	1:15 - 3:00 pm
Group 9 HS JV		4:40 - 5:15	SF Elite TBA			4:00 - 5:30	8:00 - 9:00 am	9:30 - 11:15 am
Group 10 HS Varsity		4:40 - 5:15			SF Elite TBA	5:30 - 7:00	8:00 - 9:00 am	9:30 - 11:15 am

Visit SFChampions.org to see our Gym Locations.