



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5-6 AM	Ethos Early Bird	Ethos Early Bird	Ethos Early Bird	Ethos Early Bird	Ethos Early Bird	
6-7 AM	Ethos Early Bird	Ethos Early Bird	Ethos Early Bird	Ethos Early Bird	Ethos Early Bird	
7-8 AM						Ethos Early Bird
9-10 AM						Ethos Strong
12:00 - 1 PM	Ethos Strong		Ethos Strong		Ethos Strong	
3-4 PM					High School Strength	
4-5 PM	High School Strength	High School Speed and Agility	High School Strength	High School Speed and Agility		
5-6 PM		Youth Speed & Agility		Youth Speed & Agility		
7-8 PM	Ethos Strong		Ethos Strong			

 Plymouth & South Lyon

 Plymouth

 South Lyon