

# MICHIGAN XTREME – INDIANA XTREME FALL/WINTER TRAINING SCHEDULE

LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
GRAND RAPIDS	SILVER 7:00P-8:30P	BRONZE 6:15P-7:15P	SILVER 7:00P-8:30P	MX FLEX 6:00P-7:00P	MXWL 6:45P-9:00P		MX FLEX 6:00P-7:00P
GRAND RAPIDS				GOLD 7:30P-9:00P			GOLD 7:30P-9:00P
KAZOO	SILVER 7:00P-8:30P	BRONZE 6:15P-7:15P	SILVER 7:00P-8:30P	GOLD 7:30P-9:00P			GOLD 7:30P-9:00P
FT WAYNE				SILVER/GOLD 7:30P-9:00P			SILVER/GOLD 7:30P-9:00P

MX FLEX – YOGA; MXWL – DUAL REC LEAGUE; GOLD – HS/COLLEGE; SILVER – 14 & UNDER; BRONZE – 7 & UNDER