

RTC Lethbridge Schedule

RTC Trainings

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		3:50PM to 5:00PM RTC Technique			
10:30AM to 11:30AM Technical Training / Energy System (Flexible /no school conflicts)	10:00 to 11:30 Weight Training & Technique (Flexible /no school conflicts)	5:00pm to 6:00pm Beginner 1	10:00to 11:30 Weight Training & Technique (Flexible /no school conflicts)	3:45PM to 5:00PM RTC Technique	9:30am to 10:30am
5:00pm to 6:30pm Intermediate	5:00pm to 6:15pm Junior	6:00pm to 7:30pm Intermediate	5:00pm to 6:15pm Junior	6:00pm to 8:00pm Senior &RTC	10:30am to Noon Intermediate
6:30pm to 8:00pm Senior & RTC	6:15pm to 7:15pm Beginner II		6:15pm to 7:15pm Beginner II		Noon to 1:00PM Conditioning
	5:30pm to 7:00pm RTC / Weight Training	7:30PM to 9:00PM Recreation	5:30pm to 7:00pm RTC / Weight Training	8:00pm to 8:15pm Ropes	1:00PM to 3:00PM RTC Weight Training & Technique
8:00pm to 9:30pm Recreation	7:15pm to 9:00pm Senior & RTC		7:15pm to 9:00pm Senior & RTC		
	9:00pm to 9:15pm Ropes				