

Tri4Him Rockwall Training Schedule:

*tentative pending review/input

ACTIVITY	LOCATION	WEEKLY REOCCURRING TRAINING ACTIVITIES						
		SUN	MON	TUE	WED	THU	FRI	SAT
Masters Swim	Rockwall YMCA monthly fee applies			7:30pm- 8:30pm		7:30pm- 8:30pm		9am- 10am
Group Cycling	Rockwall Cycling	2pm- 4pm						7:30am- 9:30am
Spin Classes	Rockwall YMCA membership req'd			5:45am - 6:30am		5:45am - 6:30am		
Group Running	Meet @ Rockwall YMCA parking lot	7am- 8am						