

Masters Training Schedule

Monday

5:30 am- 7:00 am @ WIATC

Tuesday

6:00 pm - 7:30 pm @ WIATC

Wednesday

5:30 am - 7:00 am @ WIATC

Thursday

6:00 pm - 7:30 pm @ WIATC

Friday

5:30 am - 7:00 am @ WIATC

Saturday

10:00 am - 11:30 pm @ WIATC