



# 2023-2024 Dorado Stars Training Schedule



Weekly Schedule		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Senior Performance	A.M.	5:30-7:15		5:30-7:15			7:00-9:00	
	P.M.	3:30-5:30	3:30-5:30	3:30-5:00	3:30-5:30	4:00-6:00		
Dryland			5:45-6:30 Gym	5:15-6:00	5:45-6:30 Gym			
Youth Senior Development	A.M.	5:30-7:15		5:30-7:15			7:00-9:00	
	P.M.	3:30-5:30	POD A 5:00-7:00	3:30-5:00	POD B 5:00-7:00	4:00-6:00		
Dryland			POD A 4:15-4:50	5:15-6:00	POD B 4:15-4:50			
Junior 1	A.M.					5:30-7:15		
	P.M.	5:30-7:00	5:30-7:00	5:00-6:30	5:30-7:00			5:00-7:00
Dryland			4:45-5:20	4:15-4:50	4:45-5:20			
Junior 2	P.M.							
		5:30-7:00	7:00-8:30	5:00-6:30		6:00-7:30		5:00-7:00
Dryland			6:15-6:50	4:15-4:50				
Junior 2 Intro	P.M.							
		5:30-7:00	7:00-8:30	5:00-6:30		6:00-7:30		
Dryland			6:15-6:50	4:15-4:50				
STAR ACADEMY	P.M.			6:30-7:30		6:30-7:30		5:00-6:00
Shooting Stars	P.M.							6:00-7:00
Cross Training	A.M.					5:30-7:00		
	P.M.		7:00-8:30	6:30-7:30				

(\*) Dryland Tentative and Subject to change



