

Bassett JSF Training Plan 2024

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
05:00							
06:00		Performance/ Gold/Silver (5:30-7:00)		Performance /Gold/Silver (5:30-7:00)	Bronze (6:00-7:00)	Performance Gold/Silver (5:50-7:50)	
07:00							Performance Gold/Silver (6:45-8:45)
08:00							

16:00						Pre-Academy (16:00-17:30)	
17:00							Junior Academy (17:30-18:30)
18:00						Performance/Gold (18:00-20:00)	Silver/Bronze (18:00-19:00)
19:00	Performance/ Gold (18:30-19:30)	Junior Academy (18:30-19:30)	Performance/ Gold/ Silver (18:30-20:00)				Silver/Bronze (18:30-19:30)
20:00	Silver/ Bronze (19:30-20:30)	Silver/ Bronze (19:30-20:50)		Performance/Gold (19:45-21:15)	Silver/Bronze (19:45-20:45)		
21:00							

Red Lodge
Oaklands