



**TFW**  
• TRAINING FOR WARRIORS •  
**DUPAGE**

**Training Sessions**  
**45min - 1hour**

## **TEAM TRAINING SCHEDULE**

### **MONDAY - THURSDAY**

5:30 AM

6:30 AM

8:30 AM

12:15 PM

5:30 PM

6:30 PM

7:30 PM

### **FRIDAY**

5:30 AM

6:30 AM

8:30 AM

12:15 PM

5:30 PM

### **SATURDAY**

7:30 AM

8:30 AM

### **SUNDAY**

9:00 AM

**TFW DuPage**

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