

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Start time 1:15</b>	<b>Start time 1:20</b>	<b>Start time 1:20</b>	<b>Start time 1:15</b>	<b>Start time 1:20</b>
Garland--Weights-- <b>Offense</b> 20 Minutes	Stretch at 1:25 Workout Begins 1:35	Garland--Weights-- <b>Defense</b> 20 Minutes	Owl--Black Knights 15 Minutes	Gold--Weights-- <b>Defense</b> 20 Minutes
Owl --Video-- <b>Defense</b> 20 Minutes	Punt 15 Minutes 10 Periods	Owl --Video-- <b>Offense</b> 20 Minutes	Garland--Offensive Video 15 Minutes	Black--Video 20 minutes 20 Minutes-- <b>Offense</b>
Flip Stretch/Attendance 2:05 Workout Starts 2:10	10 Minutes KOC for Cond All non KOC on Ladder/ Workout over at 3:50	Stretch/Attendance 2:10 Workout Starts 2:20 Punt 10 Minutes	Flip Owl--Defensive Videio 15 Minutes	Switch On field by 2:05 Pregame
6 periods each side Special Teams/Specialty Begins at 3:15 over at 3:30 Linemen in D-Ring Workout ends 3:30 Def video 3:35-3:45 Off video 3:45-3:55	Offensive Video3:55-4:10 Defensive Video 4:10-4:25	9 Periods 9 Periods 10 Min KOR Workout over at 4:20 Off Video 4:30--4:45 Def Video-4:45--5:00	Garland--Black Knights 15 Minutes On Field 1:55 Attendance Condition--2:00-2:12 On bus for tutorials by 2:20	Scrimmage begins at 2:20 20-30 Plays each side PAT/FG--10 Minutes
Players gone by 4:00	Players gone by 4:30	Players gone by 5:00	Players gone by 2:20	Players gone by 3:45
				Black and Gold and Offense and Defense flip every Friday