

FALL MAKE-UP WEEK & PRE WINTER TRAINING SCHEDULE

November 26TH – 30th

- Recommended for all current, former, and future RYPT athletes to get their make-ups in or get a head start on our winter season beginning December 3rd
- Make-ups are only good for **THIS WEEK ONLY!** They cannot be transferred over to future seasons.
- Keep training for \$20 at the beginning of every 60-minute session.
- All new athletes must be assessed prior to training.

MONDAY Nov. 26 th	TUESDAY Nov. 27 th	WEDNESDAY Nov. 28 th	THURSDAY Nov. 29 th	FRIDAY Nov. 30 th
RYPT Times	RYPT Times	RYPT Times	RYPT Times	RYPT Times
3:30-4:30pm	3:30-4:30pm	3:30-4:30pm	3:30-4:30pm	3:30-4:30pm only
5:30-6:30pm	5:30-6:30pm	5:30-6:30pm	5:30-6:30pm	
JR RYPT Times	JR RYPT Times	JR RYPT Times	JR RYPT Times	JR RYPT Times
6:00pm only	6:00pm only	6:00pm only	6:00pm only	5:00pm only
ASSESSMENTS	ASSESSMENTS	ASSESSMENTS	ASSESSMENTS	ASSESSMENTS
4:00-5:00pm	4:00-5:00pm	4:00-5:00pm	4:00-5:00pm	4:00-5:00pm
5:00-6:00pm	5:00-6:00pm	5:00-6:00pm	5:00-6:00pm	5:00-6:00pm
6:00-7:00pm	6:00-7:00pm	6:00-7:00pm	6:00-7:00pm	
		MIGHTY RYPT		
		7:00		

Our 12-week winter program begins December 3rd.

Don't forget about our sibling and group **DISCOUNTS!**

Head to www.igotrypt.com and sign up today!