

Rebel Wrestling Foundation Training Schedule	BLUE GROUP (Grades 7-12)	RED GROUP (Grades K-8)
Summer Training June-July	Monday: Lift 10:00-11:00, Wrestle 11:00-12:30 Tuesday: Lift 10:00-11:00, Wrestle at Red Cobra Thursday: Lift 10:00-11:00, Wrestle 11:00-12:30	Monday: Wrestle 11:00-12:30 Tuesday: Wrestle 11:00-12:30 Thursday: Wrestle 11:00-12:30
Fall Training August-October	Monday: Lift 3:30-4:30, Wrestle 4:30-6:00 Tuesday: Lift 3:30-4:30, Wrestle at Red Cobra Thursday: Lift 3:30-4:30, Wrestle 4:30-6:00	Monday: Wrestle 4:30-6:00 Tuesday: Wrestle at Red Cobra Thursday: Wrestle 4:30-6:00
Winter Training November-February	High School Wrestling Season	Monday: Wrestle 6:30-8:00 Thursday: Wrestle 6:30-8:00
Spring Training March-May	Monday: Lift 3:30-4:30, Wrestle 4:30-6:00 Tuesday: Lift 3:30-4:30, Wrestle at Red Cobra Thursday: Lift 3:30-4:30, Wrestle 4:30-6:00	Monday: Wrestle 4:30-6:00 Tuesday: Wrestle at Red Cobra Thursday: Wrestle 4:30-6:00