Train the Trainer Schedule 2021-2022

**Men’s Group**

|  |  |
| --- | --- |
| Week 1 9-18-21 | Week 6 01-08-22 |
| Week 2 10-16-21 | Week 7 01-22-22 |
| Week 3 10-30-21 | Week 8 02-05-21 |
| Week 4 11-13-21 | Week 9 02-19-22 |
| Week 5 12-11-21 | Week 10 03-05-22 |

**Ladies’ Group**

|  |  |
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| Week 1 9-25-21 | Week 6 01-15-22 |
| Week 2 10-09-21 | Week 7 01-29-22 |
| Week 3 11-20-21 | Week 8 02-12-21 |
| Week 4 12-04-21 | Week 9 03-26-22 |
| Week 5 12-18-21 | Week 10 04-09-22 |