

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | |
|--|--|--|---|--|--|--|--|
| Teen Saber Intermediate 4:30 - 6 pm | Teen Foil Intermediate 3:30 - 5 pm | Competitive Foil Training 7 pm - 9 pm | Teen Epee Intermediate 3:30 - 5 pm | Foil Youth Beginner 5:30 - 7 pm | Saber Training 11 am - 12:30 pm | Foil Youth Beginner 10:30 am - 12 pm | |
| Group Training Saber 6 - 7:30 pm | Foil Youth Beginner 5:30 - 7 pm | | Saber Youth Beginner 6 - 7:15pm | Competitive Conditioning* 7 - 8:30 pm foil/epee/saber | Epee Open Fencing 11 am - 12:30 pm | Competitive Bouting for Foil 11 am- 1 pm | |
| Saber Open Fencing 7 - 9 pm | Saber Training 5:30 - 7 pm | | Competitive Foil Youth Team 7 - 8:30 pm | Moe Foundation* Foil Tournament 7 pm - 10:30 pm | Competitive Foil Training noon - 1:30 pm | | |
| Competitive Foil Training 7 - 9 pm | Epee Open Fencing 7 pm - 9:30 pm | | Foil Open Fencing 7 - 9:30 pm | | Foil Youth Beginner noon - 1:30 pm | | |
| | Foil Open Fencing 7 pm - 9:30 pm | <p><i>*On Fridays we will either have a tournament or competitive conditioning. Tournament will be announced to the e-list and posted on askfred.net</i></p> <p><i>Schedules may fluctuate based on certain holidays and national competition schedules.</i></p> | | | | | |
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