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| SUNDAY | MONDAY | TUESDAY | | WEDNESDAY | | THURSDAY | FRIDAY | SATURDAY |
| 1 | 2  Holiday  No Workouts | 3  Workouts 5:00-7:30 pm  (Track/Aux Gym) | 4  Workouts 5:00-7:30 pm | | 5  Workouts 5:00-7:30 pm  (Track/Aux Gym) | | 6  Shooting 2:45-3:45 pm | 7  Practice for Fall League (Varsity Only)  8:00-10:00 am |
| 8  Fall League (Varsity Only/TBA) | 9  Workouts 5:00-7:30 pm | 10  Workouts 5:00-7:30 pm | 11  Workouts 5:00-7:30 pm | | ***12***  Workouts 5:00-7:30 pm | | 13  Shooting 2:45-3:45 pm | 14 |
| 15  Fall League (Varsity Only/TBA) | 16  Workouts 5:00-7:30 pm  (Track/Aux Gym) | 17  Workouts 5:00-7:30 pm  (Track/Aux Gym) | 18  Workouts 5:00-7:30 pm | | ***19***  Workouts 5:00-7:30 pm  (Track/Aux Gym) | | 20  Shooting 2:45-3:45 pm | 21 |
| 22  Fall League (Varsity Only/TBA) | 23  Workouts 5:00-7:30 pm | 24  Workouts 5:00-7:30 pm | 25  Workouts 5:00-7:30 pm | | 26  Workouts 5:00-7:30 pm | | 27  Shooting 2:45-3:45 pm | 28 |
| *29*  Fall League (Varsity Only/TBA) | *30*  Workouts 5:00-7:30 pm |  |  | |  | |  |  |