

January 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>*Non Spring Athletes, every Tuesday, Thursday, Friday Afternoon workout is optional days and do not count as make-up days. Optional Days do not go towards your overall number of workouts.*Make-up days will be announced.</p>				<p>*Non-Spring Athletes need to make 55 out of 62 workouts.</p>		
5	6 3:15-5:30 PM Workout #1	7 6:25-7:50 AM 3:15-4:20 PM Workout #2	8	9 6:25-7:50 AM 3:15-4:20 PM Workout #3	10 6:25-7:50 AM 3:15-4:20 PM Workout #4	11
12	13 3:15-5:30 PM Workout #5	14 6:25-7:50 AM 3:15-4:20 PM Workout #6	15	16 6:25-7:50 AM 3:15-4:20 PM Workout #7	17 6:25-7:50 AM 3:15-4:20 PM Workout #8	18
19	20 No Practice	21 6:25-7:50 AM 3:15-4:20 PM Workout #9	22	23 6:25-7:50 AM 3:15-4:20 PM Workout #10	24 6:25-7:50 AM 3:15-4:20 PM Workout #11	25
26	27 No Practice	28 6:25-7:50 AM 3:15-4:20 PM Workout #12	29	30 6:25-7:50 AM 3:15-4:20 PM Workout #13	31 6:25-7:50 AM 3:15-4:20 PM Workout #14	