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| SUNDAY | MONDAY | TUESDAY |  WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| 1 | 2HolidayNo Workouts | 3Workouts 5:00-7:30 pm(Track/Aux Gym) | 4Workouts 5:00-7:30 pm | 5Workouts 5:00-7:30 pm(Track/Aux Gym) | 6Shooting 2:45-3:45 pm | 7Practice for Fall League (Varsity Only)8:00-10:00 am |
| 8Fall League (Varsity Only/TBA) | 9Workouts 5:00-7:30 pm | 10Workouts 5:00-7:30 pm | 11Workouts 5:00-7:30 pm | ***12***Workouts 5:00-7:30 pm | 13Shooting 2:45-3:45 pm | 14 |
| 15Fall League (Varsity Only/TBA) | 16Workouts 5:00-7:30 pm(Track/Aux Gym) | 17Workouts 5:00-7:30 pm(Track/Aux Gym) | 18Workouts 5:00-7:30 pm | ***19***Workouts 5:00-7:30 pm(Track/Aux Gym) | 20Shooting 2:45-3:45 pm | 21 |
| 22Fall League (Varsity Only/TBA) | 23Workouts 5:00-7:30 pm | 24Workouts 5:00-7:30 pm | 25Workouts 5:00-7:30 pm | 26Workouts 5:00-7:30 pm | 27Shooting 2:45-3:45 pm | 28 |
| *29*Fall League (Varsity Only/TBA) | *30*Workouts 5:00-7:30 pm |  |  |  |  |  |