SUN	MON	TUE	WED	THU	FRI	SAT
28	29	30	31	Aug 1	2	3
4	-		_	0	0	10
4	5	6	7	8	9	10
11	12	13	14	15	16	17
			7am Morning Work	7am Morning Work		
18	19	20	21	22	23	24
	7am Workouts	• 7am Workouts		• 7am Workouts		
25			28	29	30	31
25	26	27	28	27		
25			28			
25	26 • 7am Workouts	27 • 7am Workouts	28	• 7am Workouts		
25			28			

SUN Sep 1	MON 2	TUE 3 4pm Workouts	WED 4	THU 5 4pm Workouts	FRI 6	SAT 7
8	9 • 4pm Workouts	10 • 4pm Workouts	11	12 • 4pm Workouts	13	14
15	16 • 4pm Workouts	17 • 4pm Workouts	18	19 • 4pm Workouts	20	21
22	23 • 4pm Workouts	24 • 4pm Workouts	25	26 • 4pm Workouts	27	28
29	30 • 4pm Pre-season Pr	Oct 1 • 4pm Pre-season Pr	2	3 • 4pm Pre-season Pr	4	5

SUN 29	MON 30 • 4pm Pre-season Pr	TUE Oct 1 4pm Pre-season Pr	WED 2	THU 3 • 4pm Pre-season Pr	FRI 4	SAT 5
6	7 • 4pm Pre-season Pr	8 • 4pm Pre-season Pr	9	10 • 4pm Pre-season Pr	11	12
13	14 • 4pm Pre-season Pr	15 • 4pm Pre-season Pr	16	17 • 4pm Pre-season Pr	18	19
20	21 • 4pm Pre-season Pr	22 • 4pm Pre-season Pr	23	24 • 4pm Pre-season Pr	25	26
27	28 • 4pm Pre-season Pr	29 • 4pm Pre-season Pr	30	31 • 4pm Pre-season Pr	Nov 1	2

SUN 27	MON 28 • 4pm Pre-season Pr	TUE 29 4pm Pre-season Pr	WED 30	THU 31 4pm Pre-season Pr	FRI Nov 1	SAT 2
3	4 • 4pm Pre-season Pr	5 • 4pm Pre-season Pr	6	7 • 4pm Pre-season Pr	8	9
10	11 • 4pm Pre-season Pr	12 • 4pm Pre-season Pr	13	14 • 4pm Pre-season Pr	15	16
17	18 Official Season Begir	19	20	21	22	23
24	25	26	27	28	29	30