

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



SUN Sep 1	MON 2	TUE 3	WED 4	THU 5	FRI 6	SAT 7
		● 4pm Workouts		● 4pm Workouts		
8	● 4pm Workouts	● 4pm Workouts	11	● 4pm Workouts	13	14
15	● 4pm Workouts	● 4pm Workouts	18	● 4pm Workouts	20	21
22	● 4pm Workouts	● 4pm Workouts	25	● 4pm Workouts	27	28
29	● 4pm Pre-season Pr	● 4pm Pre-season Pr	2	● 4pm Pre-season Pr	4	5

SUN 29	MON 30	TUE Oct 1	WED 2	THU 3	FRI 4	SAT 5
	● 4pm Pre-season Pr	● 4pm Pre-season Pr		● 4pm Pre-season Pr		
6	● 4pm Pre-season Pr	● 4pm Pre-season Pr	9	● 4pm Pre-season Pr	11	12
13	● 4pm Pre-season Pr	● 4pm Pre-season Pr	16	● 4pm Pre-season Pr	18	19
20	● 4pm Pre-season Pr	● 4pm Pre-season Pr	23	● 4pm Pre-season Pr	25	26
27	● 4pm Pre-season Pr	● 4pm Pre-season Pr	30	● 4pm Pre-season Pr	Nov 1	2



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

