

APR2024

| SUN | MON | TUE | WED | THU | FRI | SAT |
|------------------|---|---|--|---|--|------------------|
| | 01 Lift & Condition 2:40-4:15pm Spring Practice #1 4:30-6:00pm | 02 Lift & Condition 2:40-4:15pm Spring Practice #2 4:30-6:00pm | 03 OFF | 04 Lift & Condition 2:40-4:40pm | 05 Lift & Condition 2:40-4:30pm | 06 OFF |
| 07 OFF | 08 Lift & Condition 2:40-4:15pm Spring Practice #3 4:30-6:00pm | 09 Lift & Condition 2:40 – 4:20pm | 10 *Spring Practice #4 5:30-7:00am* | 11 Lift & Condition 2:40-4:20pm | 12 Lift & Condition 2:40-4:30pm | 13 OFF |
| 14 OFF | 15 Lift & Condition 2:40-4:15pm Spring Practice #5 4:30-6:00pm | 16 Lift & Condition 2:40-4:20pm | 17 *Spring Practice #6 5:30-7:00am* | 18 Lift & Condition 2:40-4:20pm | 19 Lift & Condition 2:40-4:30pm | 20 OFF |
| 21 OFF | 22 Lift & Condition 2:40-4:15pm Spring Practice #7 4:30-6:00pm | 23 Lift & Condition 2:40-4:40pm | 24 OFF | 25 Lift & Condition 2:40-4:15pm Spring Practice #8 4:30-6:00pm | 26 Lift & Condition 2:40-4:30pm | 27 OFF |
| 28 OFF | 29 Lift & Condition 2:40-4:40pm | 30 Lift & Condition 2:40-4:15pm Spring Practice #9 4:30-6:00pm | | | | |