

# APR2023

SUN

MON

TUE

WED

THU

FRI

SAT

**01**

OFF

**02**

OFF

**03**

SPRING  
BREAK – OFF

**04**

SPRING  
BREAK – OFF

**05**

SPRING  
BREAK – OFF

**06**

SPRING  
BREAK – OFF

**07**

SPRING  
BREAK – OFF

**08**

OFF

**09**

OFF

**10**

Lift 2:40-4:10pm  
Spring Practice  
#1 4:30-6pm

**11**

Lift & Condition  
2:40pm-4:40

**12**

Spring Practice  
#2 5:45am-  
7:00am

**13**

Lift & Condition  
2:40pm-4:40

**14**

Lift & Condition  
2:40pm-4:40

**15**

OFF

**16**

OFF

**17**

Lift 2:40-4:10pm  
Spring Practice  
#3 4:30-6pm

**18**

Lift & Condition  
2:40pm-4:40

**19**

OFF

**20**

Lift 2:40-4:10pm  
Spring Practice  
#4 4:30-6pm

**21**

Lift & Condition  
2:40pm-4:40

**22**

OFF

**23**

OFF

**24**

Lift 2:40-4:10pm  
Spring Practice  
#5 4:30-6pm

**25**

Lift & Condition  
2:40-4:40pm

**26**

OFF

**27**

Lift 2:40-4:10pm  
Spring Practice  
#6 4:30-6pm

**28**

Lift & Condition  
2:40-4:40pm

**29**

OFF

**30**

OFF