

MAY2024

SUN	MON	TUE	WED	THU	FRI	SAT
			01 Spring Practice #10 5:30-7am	02 Lift & Condition 2:40-4:20pm	03 Lift & Condition 2:40-4:30pm	04 OFF
05 OFF	06 #MaxOutMonday 2:40-4:15pm Spring Practice #11 4:30-6:00pm	07 Lift & Condition 2:40-4:15pm Spring Practice #12 4:30-6:00pm	08 OFF	09 Lift & Condition 2:40-4:00	10 OFF	11 Ironman Challenge 8:00am-Noon
12 OFF	13 Lift & Condition 2:40-4:40	14 Lift & Condition 2:40-4:40	15 OFF	16 Lift & Condition 2:40-4:40	17 Lift & Condition 2:40-4:40	18 OFF
19 OFF	20 Lift & Condition 2:40-4:40	21 Lift & Condition 2:40-4:40	22 OFF	23 Lift & Condition 2:40-4:40	24 Lift & Condition 2:40-4:40	25 OFF
26 OFF	27 Memorial Day OFF	28 Lift & Condition 2:40-4:15 Summer Practice #1 4:30-6:15	29 OFF	30 Lift & Condition 2:40-4:15 Summer Practice #2 4:30-6:15	31 Lift & Condition 2:40-4:30	