

MAY 2023

SUN	MON	TUE	WED	THU	FRI	SAT
	01 Lift & Condition 2:40-4:40pm	02 Lift 2:40-4:10pm Spring Practice #7 4:30-6pm	03 OFF	04 Lift 2:40-4:10pm Spring Practice #8 4:30-6pm	05 Lift & Condition 2:40-4:40pm	06 OFF
07 OFF	08 Lift 2:40-4:10pm Spring Practice #9 4:30-6pm	09 Lift & Condition 2:40-4:40pm	10 OFF	11 Lift & Condition 2:40-4:40pm	12 Friday Night Lights Practice #10 5:30pm- 7:30pm	13 Ironman Challenge 8:30am-Noon
14 OFF	15 Lift & Condition 2:40-4:40pm	16 Lift & Condition 2:40-4:40pm	17 OFF	18 Lift & Condition 2:40-4:40pm	19 Lift & Condition 2:40-4:40pm	20 OFF
21 OFF	22 Lift & Condition 2:40-4:40pm	23 Lift & Condition 2:40-4:40pm	24 OFF	25 Lift & Condition 2:40-4:40pm	26 Lift & Condition 2:40-4:40pm	27 OFF
28 OFF	29 MEMORIAL DAY OFF	30 Lift 2:40pm Summer Practice #1 4:30-6:15pm	31 OFF			