## 

**National 1 February 2017**

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| --- | --- | --- | --- | --- | --- | --- |
| SUNDAY | MONDAY | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
|  |  |  | 1  6:00-7:30am UT (weights)  5:00-7:00pm UT | 2  4:00-6:00 pm UT | 3  5:30-7:30 am UT  5:00-7:00 pm UT | 4  6:00-8:00am UT  **No dryland**  **Dean Boles Inv 4pm** |
| 5 | 6  5:30-7:30 am UT  5:00-7:00 pm UT | 7  5:00 -7:00pm UT | 8  **5:30-7:30 am UT (swim)**  **PM OFF due to OUA meet** | 9  **5:30-7:00am UT** | 10  **5:30-7:00am UT**  **5:00-7:00pm Riverdale** | 11  **5:30-7:00am UT**  **No dryland** |
| 12 | 13  5:30-7:30 am UT  5:00-7:00 pm UT | 14  5:00 -7:00pm UT | 15  6:00-7:30am UT (weights)  5:00-7:00pm UT | 16  4:00-6:00 pm UT | 17  5:30-7:30 am UT  5:00-7:00 pm UT | 18  **5:30-7:00 am UT**  **7:30-9:00 dryland Knox** |
| 19 | 20  **7:00-9:00am UT** | 21  **4:30-6:30pm UT** | 22  6:00-7:30am UT (weights)  5:00-7:00pm UT | 23  4:00-6:00 pm UT | 24  5:30-7:30 am UT  **4:30-6:30pm UT** | 25  8:00-10:00am UT  **No dryland** |
| 26 | 27  **AM OFF**  5:00-7:00 pm UT | 28  5:00 -7:00pm UT |  |  |  |  |