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| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  | 315:30-7:30 am UT5:00-7:00 pm UT | 15:00 -7:00pm UT | 26:00-7:30am UT (weights)5:00-7:00pm UT | 34:00-6:00 pm UT | 4**NYAC****CUP** | 5**NYAC****CUP** |
| 6**NYAC****CUP** | 7 OFF | 85:00 -7:00pm UT | 96:00-7:30am UT (weights)5:00-7:00pm UT | 10 **AGI -800-1500****4-6pm UT** | 115:30-7:30 am UT5:00-7:00 pm UT | 128:00-10:00 swim UT10:30-12:00 dryland Knox |
| 13 | 145:30-7:30 am UT**Boys: 5:30-7:30 pm Havergal****Girls: 5-7 pm UT** | 155:00 -7:00pm UT | 166:00-7:30am UT (weights)5:00-7:00pm UT | 174:00-6:00 pm UT | 185:30-7:30 am UT 5:00-7:00 pm UT | 198:00-10:00UT10:30-12:00 dryland Knox |
| 20 | 215:30-7:30 am UT5:00-7:00 pm UT | 225:00 -7:00pm UT | 236:00-7:30am UT (weights)5:00-7:00pm UT | 244:00-6:00 pm UT | 255:30-7:30 am UT 5:00-7:00 pm UT | 268:00-10:00 swim UT10:30-12:00 dryland Knox |
| 27 | 285:30 –7:30 am UT5:00 -7:00pm UT | 295:00-7:00pm UT | 305:00-7:00pm UT | 1**YOUTH** **CUP** | 2**YOUTH** **CUP** | 3**YOUTH** **CUP** |