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| **SENIOR 1- FEBRUARY 2016** |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| JAN 31 | 15:30-7:30pm Harbord | 25:30-7:30am UT (weights) 4:30-6:00pm Jarvis | 35:30-7:30am UT 5:30-7:30pm Harbord | 4**OFF** | 55:30-7:30am **UT**  | 66:00-8:00 am**UT** |
| 7 | 85:30-7:30pm Harbord | 94:30-6:00pm Jarvis | 10 6:00-7:30pm Harbord | 11**Central Regionals @ Etobicoke** | 12**Central Regionals @ Etobicoke** | 13**Central Regionals @ Etobicoke** |
| 14**Central Regionals @ Etobicoke** | 15**OFF****Happy Family Day** | 165:30-7:30am UT (weights) 4:30-6:00pm Jarvis | 175:30-7:30am UT 5:30-7:30pm Harbord | 18**OFF** | 19 5:30-7:30amUT   | 206:00-8:00 amUT |
| 21 | 225:30-7:30pm Harbord | 235:30-7:30am UT (weights) 4:30-6:00pm Jarvis | 245:30-7:30am UT 5:30-7:30pm Harbord | 25**OFF** | 265:30-7:30am UT  | 276:00-8:00 amUT |
| 28 | 295:30-7:30pm Harbord |  |  |  |  |  |
| **SENIOR 1- MARCH 2016** |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  | 15:30-7:30am UT (weights) 4:30-6:00pm Jarvis | 25:30-7:30am UT 4:30-6:00pm Harbord | 3**OFF** | 45:30-7:30am UT  | 56:00-8:00 amUT |
| 6 | 75:30-7:30pm Harbord | 85:30-7:30am UT (weights) 4:30-6:00pm Jarvis | 95:30-7:30am UT 5:30-7:30pm Harbord | 10**OFF** | 115:30-7:30am UT  | 12**MARCH BREAK- OFF** |
| 13**MARCH BREAK- OFF** | 14**MARCH BREAK- OFF** | 15**MARCH BREAK- OFF** | 16**MARCH BREAK- OFF** | 17**MARCH BREAK- OFF** | 18**MARCH BREAK- OFF** | 19**MARCH BREAK- OFF** |
| 20**MARCH BREAK- OFF** | 215:30-7:30pm Harbord | 225:30-7:30am UT (weights) 4:30-6:00pm Jarvis | 235:30-7:30am UT 5:30-7:30pm Harbord | 24**OFF** | 25**TBD –** **Good Friday**  | 266:00-8:00 amUT |
| 27 | 28**OFF** **Easter Monday** | 295:30-7:30am UT (weights) 4:30-6:00pm Jarvis | 305:30-7:30am UT 5:30-7:30pm Harbord | 31**OFF** |  |  |