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| **SENIOR 1- FEBRUARY 2016** | | | | | | |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| JAN 31 | 1  5:30-7:30pm Harbord | 2  5:30-7:30am  UT (weights)  4:30-6:00pm  Jarvis | 3  5:30-7:30am  UT  5:30-7:30pm Harbord | 4  **OFF** | 5  5:30-7:30am  **UT** | 6  6:00-8:00 am  **UT** |
| 7 | 8  5:30-7:30pm Harbord | 9  4:30-6:00pm  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** | 16  5:30-7:30am  UT (weights)  4:30-6:00pm  Jarvis | 17  5:30-7:30am  UT  5:30-7:30pm Harbord | 18  **OFF** | 19  5:30-7:30am  UT | 20  6:00-8:00 am  UT |
| 21 | 22  5:30-7:30pm Harbord | 23  5:30-7:30am  UT (weights)  4:30-6:00pm  Jarvis | 24  5:30-7:30am  UT  5:30-7:30pm Harbord | 25  **OFF** | 26  5:30-7:30am  UT | 27  6:00-8:00 am  UT |
| 28 | 29  5:30-7:30pm Harbord |  |  |  |  |  |
| **SENIOR 1- MARCH 2016** | | | | | | | |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | |
|  |  | 1  5:30-7:30am  UT (weights)  4:30-6:00pm  Jarvis | 2  5:30-7:30am  UT  4:30-6:00pm Harbord | 3  **OFF** | 4  5:30-7:30am  UT | 5  6:00-8:00 am  UT | |
| 6 | 7  5:30-7:30pm Harbord | 8  5:30-7:30am  UT (weights)  4:30-6:00pm  Jarvis | 9  5:30-7:30am  UT  5:30-7:30pm Harbord | 10  **OFF** | 11  5:30-7:30am  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** | 21  5:30-7:30pm Harbord | 22  5:30-7:30am  UT (weights)  4:30-6:00pm  Jarvis | 23  5:30-7:30am  UT  5:30-7:30pm Harbord | 24  **OFF** | 25  **TBD –**  **Good Friday** | 26  6:00-8:00 am  UT | |
| 27 | 28  **OFF**  **Easter Monday** | 29  5:30-7:30am  UT (weights)  4:30-6:00pm  Jarvis | 30  5:30-7:30am  UT  5:30-7:30pm Harbord | 31  **OFF** |  |  | |