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| **Senior 1: January 2017** | | | | | | |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 1 | 2  3:00-5:00 pm UT  North End | 3  7:00-8:30 am UT (LC)  3:00-5:00 pm UT (LC) | 4  5:30-7:00 am (Ben)  5:00-7:00 pm (Hav) | 5  3:00-5:00 pm UT (LC) | 6  5:00-7:00 pm (Hav) | 7  6:00-8:00 am (UT)  8:00-9:00 am (Weights) |
| 8  OFF | 9  5:00-7:00 pm (CT) | 10  5:30-7:00 am (Ben)  7:00-7:30 (Dry) | 11  5:30-7:30 pm (Hav) | 12  5:00-7:00 pm (CT) | 13  **AB MEET**  **(Olympium)** | 14  **AB MEET**  **(Olympium)** |
| 15  **AB MEET**  **(Olympium)** | 16  5:00-7:00 pm (CT) | 17  5:30-7:00 am (Ben)  7:00-7:30 (Dry) | 18  5:30-7:30 pm (Hav) | 19  5:00-7:00 pm (CT) | 20  **TSC Winter Invite**  **(UT)** | 21  **TSC Winter Invite**  **(UT)** |
| 22  **TSC Winter Invite**  **(UT)** | 23  OFF | 24  5:30-7:00 am (Ben)  7:00-7:30 (Dry) | 25  5:30-7:30 pm (Hav) | 26  5:00-7:00 pm (CT) | 27  5:30-7:00 am (Ben)  7:00-7:30 (Dry) | 28  6:00-8:00 am (UT)  8:00-9:00 am (Weights) |
| 29  OFF | 30  5:00-7:00 pm (CT) | 31  5:30-7:00 am (Ben)  7:00-7:30 (Dry) |  |  |  |  |