



Weekly Practices 11/1-11/5

Monday 11/1

Circuit Training 3:15-4:15

Cross Country 3:15-4:45

Tuesday 11/2

Open Gym 3:15-4:30

Wednesday 11/3

Circuit Training 3:15-4:15

Thursday 11/4

Open Gym 3:15-4:30

Friday 11/5

Circuit Training 3:15-4:15