

January Track Conditioning / Practice 2023						
	Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5	Saturday 6
				3:15 - 4:30 Lower Campus Weight Room		
Sunday 7	Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12	Saturday 13
	3:15 - 4:30 Lower Campus Weight Room	Canceled		3:15 - 4:30 Lower Campus Weight Room		
Sunday 14	Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19	Saturday 20
	No School	3:15 - 4:30 Lower Campus Weight Room		3:15 - 4:30 Lower Campus Weight Room		
Sunday 21	Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26	Saturday 27
		3:15 - 4:30 Lower Campus Weight Room		3:15 - 4:30 Lower Campus Weight Room		
Sunday 28	Monday 29	Tuesday 30	Wednesday 31			
	Practice Begins at the Track 3:15 - 4:45	Practice at the Track 3: 15 - 4:45	No Practice / Bowling			