



## November Schedule 2023

### Bantam Group

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Oct 31	Nov 1	2	3	4
OFF	OFF	4:00-6:00pm Centennial	5:30-7:30AM MPAC 4:00-6:00pm Centennial 6:15-7:00pm Dryland	4:00-6:00pm Centennial 6:15-7:00pm Dryland	4:00-6:00pm Centennial	6:00-7:30Am Centennial
5	6	7	8	9	10	11
OFF	OFF	4:00-6:00pm Centennial	5:30-7:30AM MPAC 4:00-6:00pm Centennial 6:15-7:00pm Dryland(outdoor)	4:00-6:00pm Centennial 6:15-7:00pm Dryland	4:00-6:00pm Centennial	MAC Rising Stars MPAC
12	13	14	15	16	17	18
MAC Rising Stars MPAC	Alternative Practice 4:00-6:00pm MPAC	4:00-6:00pm Centennial	5:30-7:30AM MPAC  Cancelled	4:00-6:00pm Centennial 6:15-7:00pm Dryland	4:00-6:00pm Centennial	6:00-7:30Am Centennial
19	20	21	22	23	24	25
OFF	OFF	4:00-6:00pm Centennial	5:30-7:30AM MPAC 4:00-6:00pm Centennial 6:15-7:00pm Dryland	4:00-6:00pm Centennial 6:15-7:00pm Dryland	4:00-6:00pm Centennial	6:00-7:30Am Centennial
26	27	28	29	30	Dec 1	Dec 2
OFF	OFF	4:00-6:00pm Centennial	5:30-7:30AM MPAC 4:00-6:00pm Centennial 6:15-7:00pm Dryland	4:00-6:00pm Centennial 6:15-7:00pm Dryland	4:00-6:00pm Centennial	6:00-7:30Am Centennial

**Notes:**

1. Equipment required for the Dryland: Running shoes /Skipping rope/water bottle.
2. On time = 15 min early
3. Black training suits are mandatory
4. MAC white caps for the training