

Markham Aquatic Club - Bronze, September 2023 (As of Sep 9)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
August 27	28	29	30	31	Sep 1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
						No Practice Self Dryland
	3:45-6:00 Cent	3:45-6:15 MP 6:15-7:15 MP Parents Mtg	3:45-5:30 MP 5:45-6:30 DL	3:45-6:15 MP	3:50-5:00 E Bad Club 5:45-7:00 MP	
17	18	19	20	21	22	23
						5:45-7:55 Corn
	3:45-6:00 Cent	3:45-6:15 MP	3:45-5:30 MP 5:45-6:30 DL	3:45-6:15 MP	3:50-5:00 E Bad Club 5:45-7:00 MP	
24	25	26	27	28	29	30
						5:45-7:55 Corn
	3:45-6:00 Cent	3:45-6:15 MP	3:45-5:30 MP 5:45-6:30 DL	3:45-6:15 MP	3:50-5:00 E Bad Club 5:45-7:00 MP	
Oct 1	2	3	4	5	6	7
					TBC	Thanksgiving weekend No Practice
	3:45-6:00 Cent	3:45-6:15 MP	3:45-5:30 MP 5:45-6:30 DL	3:45-6:15 MP	3:50-5:00 E Bad Club 5:45-7:00 MP	

Start time is on deck time including pre-workout activation time