



October Schedule 2023

JAG Group

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