

GROUP: Junior
MONTH: May 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 5:30-7:30am MPAC 4:00-5:30pm MPAC 5:45-6:30pm Weights	2 OFF 4:00-6:00pm Cornell 6:15-7:00pm Dryland	3 5:30-7:30am MPAC OFF	4 7:00-9:00pm TPASC
5 OFF	6 5:30-7:30am MPAC OFF	7 OFF 4:00-6:00pm Cornell 6:15-7:00pm Dryland	8 5:30-7:30am MPAC 4:00-6:00pm Cornell	9 MAC Spring Invitational - MPAC	10 MAC Spring Invitational - MPAC	11 MAC Spring Invitational - MPAC
12 OFF	13 OFF OFF	14 OFF 4:00-6:00pm Cornell 6:15-7:00pm Dryland	15 5:30-7:30am MPAC 4:00-5:30pm MPAC 5:45-6:30pm Weights	16 OFF 4:00-6:00pm Cornell	17 OFF 4:00-6:00pm MPAC	18 6:00-8:00am MPAC
19 OFF	20 OFF OFF	21 OFF 4:00-6:00pm Cornell 6:15-7:00pm Dryland	22 5:30-7:30am MPAC 4:00-5:30pm MPAC 5:45-6:30pm Weights	23 OFF Centrals B or 4:00-6:00pm Cornell	24 OFF Centrals B or 4:00-6:00pm MPAC	25 Centrals B or 6:00-8:00am MPAC
26 Centrals B	27 5:30-7:30am MPAC (Off for Centrals B) OFF	28 5:30-7:30am MPAC 8:30-10:00pm TPASC	29 OFF 8:00-9:30pm TPASC	30 5:30-7:30am MPAC 9:00-10:30pm TPASC	31 OFF OFF	

Notes: Please be prepared to run in proper attire and dress appropriately for the weather and/or indoor activity.

1. Equipment required: Running shoes/Skipping rope/Yoga mat/water bottle/paddles/pull buoy/Band/Fins/Snorkel/Stretch Band
2. On time = 15 min early for activation on pool deck.