

November 2023

October '23							December '23						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7						1	2
8	9	10	11	12	13	14	3	4	5	6	7	8	9
15	16	17	18	19	20	21	10	11	12	13	14	15	16
22	23	24	25	26	27	28	17	18	19	20	21	22	23
29	30	31					24	25	26	27	28	29	30
							31						

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4 No Morning HTAC Invitational
5 HTAC Invitational	6	7	8	9	10	11 Remembrance Day No Practices
12	13	14	15	16	17	18 No Morning Acadia Invitational
19 Acadia Invitational	20	21 Morning Off	22	23	24	25 Regular AM Scotia Sprints 5:00-6:30
26	27 Montreal No Gym	28 Montreal No Gym	29 Montreal Leave	30 Montreal No AM	1 Montreal Jr/Sn Combined 5:00-6:30p	2 Montreal No AM PM 5:00-6:30
3 Montreal	4 Montreal Off	Notes				