



September 2018

Masters Workout Times

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3 Labour Day	4	5	6	7	8
9	10 6:30-7:30 PM	11	12 6:30-7:30 PM	13	14 6:00-7:00 AM	15
16	17 6:30-7:30 PM	18	19 6:30-7:30 PM	20	21 OFF Coaches at Conference	22
23	24 6:30-7:30 PM	25 CLUB AGM	26 6:30-7:30 PM	27	28 6:00-7:00 AM	29
30	31 6:30-7:30 PM	1 (October)	2 6:30-7:30 PM	3	4 6:00-7:00 AM	5