

DL= Dryland out of water fitness training. (Bring water and Runners)

MAY 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 F H I 3:15-4:30 C 4:00- 5:30 DL D G 4:15-5:30 A B 5:00-6:30 DL E 5:15-6:30 Masters 7:45-9:00	3 E H J 5:00-6:30 DL F G D 6:00-7:30 DL A B C 7:15-9:00	4 J H I 3:15-4:30 C D F 4:15-5:30 A B E 5:15-6:30	5 E I J 5:00-6:30 DL F G D 6:00-7:30 DL A B C 7:15-9:00	6 J H I F 3:15-4:30 C 4:00- 5:30 DL D G 4:15-5:30 A B 5:00-6:30 DL E 5:15-6:30 Masters 7:45-9:00	7
8 Mother's Day	9 F H I 3:15-4:30 C 4:00- 5:30 DL D G 4:15-5:30 A B 5:00-6:30 DL E 5:15-6:30 Masters 7:45-9:00	10 E H J 5:00-6:30 DL F G D 6:00-7:30 DL A B C 7:15-9:00	11 J H I 3:15-4:30 C D F 4:15-5:30 A B E 5:15-6:30	12 E I J 5:00-6:30 DL F G D 6:00-7:30 DL A B C 7:15-9:00	13 Crazy Sock Day J H I F 3:15-4:30 C 4:00- 5:30 DL D G 4:15-5:30 A B 5:00-6:30 DL E 5:15-6:30 Masters 7:45-9:00	14
15	16 F H I 3:15-4:30 C 4:00- 5:30 DL D G 4:15-5:30 A B 5:00-6:30 DL E 5:15-6:30 Masters 7:45-9:00	17 E H J 5:00-6:30 DL F G D 6:00-7:30 DL A B C 7:15-9:00	18 J H I 3:15-4:30 C D F 4:15-5:30 A B E 5:15-6:30	19 E I J 5:00-6:30 DL F G D 6:00-7:30 DL A B C 7:15-9:00	20 Hawaiian Day J H I F 3:15-4:30 C 4:00- 5:30 DL D G 4:15-5:30 A B 5:00-6:30 DL E 5:15-6:30 Masters 7:45-9:00	21
22	23 NO PRACTICE	24 E H J 5:00-6:30 DL F G D 6:00-7:30 DL A B C 7:15-9:00	25 J H I 3:15-4:30 C D F 4:15-5:30 A B E 5:15-6:30	26 E I J 5:00-6:30 DL F G D 6:00-7:30 DL A B C 7:15-9:00	27 Tie Dye Day J H I F 3:15-4:30 C 4:00- 5:30 DL D G 4:15-5:30 A B 5:00-6:30 DL E 5:15-6:30 Masters 7:45-9:00	28
29	30 F H I 3:15-4:30 C 4:00- 5:30 DL D G 4:15-5:30 A B 5:00-6:30 DL E 5:15-6:30 Masters 7:45-9:00	31 A D B 5:45-7:00 am E C 6:45-8:00 am I H J 5:15-6:30 F G 6:15-7:30 A 7:15-9:00				