

Sep-21

Monday	Tuesday	Wednesday	Thursday	Friday
30-Aug	31-Aug	01-Sep	02-Sep	03-Sep
Day 1	Day 2	Day 3	Day 4	Day 5
<i>Ringette (Glenn Hall) Introduction</i>	<i>R&D (Broxton Park School)</i>	<i>Dryland (Crossfit)</i>	<i>Ringette (Glenn Hall)</i>	<i>Flex (Broxton Park School)</i>
06-Sep	07-Sep	08-Sep	09-Sep	10-Sep
Day 6	Day 1	Day 2	Day 3	Day 4
<i>No school</i>	<i>Dryland (Crossfit)</i>	<i>Ringette (Glenn Hall)</i>	<i>R&D</i>	<i>Dryland (Crossfit)</i>
13-Sep	14-Sep	15-Sep	16-Sep	17-Sep
Day 5	Day 6	Day 1	Day 2	Day 3
<i>Ringette (Glenn Hall)</i>	<i>Flex (Broxton Park School)</i>	<i>Dryland (Crossfit)</i>	<i>Ringette (Tri Leisure)</i>	<i>R&D</i>
20-Sep	21-Sep	22-Sep	23-Sep	24-Sep
Day 4	Day 5	Day 6	Day 1	Day 2
<i>Dryland</i>	<i>Ringette (Glenn Hall)</i>	<i>Flex (Broxton Park School)</i>	<i>Dryland (Fitness Testing - Location T B D)</i>	<i>Ringette (Tri Leisure)</i>
27-Sep	28-Sep	29-Sep	30-Sep	
Day 3	Day 4	Day 5	Day 6	
<i>R&D (Broxton Park School)</i>	<i>Dryland (Crossfit)</i>	<i>Ringette (Glenn Hall)</i>	<i>Flex (Broxton Park School)</i>	