



## February 2020 AG1 Workout Times

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3 Dry 4:15-4:45pm Pool 5:00-6:30pm	4	5 Parent Meeting 4:45pm Dry 4:15-4:45pm Pool 5:00-6:30pm	6	7 Dry 4:00-4:30pm Pool 4:45-6:15pm	8 Deck 6:15-6:30am Pool 6:30-8:30am  <b>KISU Draft Meet</b>
9	10 Dry 4:15-4:45pm Pool 5:00-6:30pm	11	12 Dry 4:15-4:45pm Pool 5:00-6:30pm	13	14 Dry 4:00-4:30pm Pool 4:45-6:15pm	15 Deck 6:15-6:30am Pool 6:30-8:30am
16	17 <b>FAMILY DAY NO PRACTICE</b>	18	19 Dry 4:15-4:45pm Pool 5:00-6:30pm	20 <b>AG Champs Vancouver</b>	21 <b>AG Champs Vancouver</b> Dry 4:00-4:30pm Pool 4:45-6:15pm	22 Deck 6:15-6:30am Pool 6:30-8:30am  <b>AG Champs Vancouver</b>
23	24 Dry 4:15-4:45pm Pool 5:00-6:30pm	25	26 Dry 4:15-4:45pm Pool 5:00-6:30pm	27	28 Dry 4:00-4:30pm Pool 4:45-6:15pm	29 <b>WILLIAMS LAKE</b>
1 (March) <b>WILLIAMS LAKE</b>	2(March) Dry 4:15-4:45pm Pool 5:00-6:30pm	3(March)	4(March) Parent Meeting 4:45pm Dry 4:15-4:45pm Pool 5:00-6:30pm	5(March)	6(March) Dry 4:00-4:30pm Pool 4:45-6:15pm	7(March) Deck 6:15-6:30am Pool 6:30-8:30am