

Holiday Break Training Schedule- Senior & Senior Development Groups

Mon Jan 2nd	Tues Jan 3rd	Wed Jan 4th	Thurs Jan 5th	Fri Jan 6th	Sat Jan 7th	Sun Jan 8th
8- 10am @ Markham PanAm (Long Course)	7-8am ONYX for SR	10:30am- 12:30pm @ TPASC (Long Course)	7-8am ONYX for SR			8- 10am @ Markham PanAm (Long Course)
4-5pm ONYX for SD	3-5pm @ MSC	4-5pm ONYX for SD	3-5pm @ MSC	3-5pm @ MSC	3- 5pm @ Markham PanAm (Long Course)	