|  |  |
| --- | --- |
| September | 2019 |
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|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|  |  |  |  |  |  | 1 |
|  |  |  |  |  |  |  |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
|  |  | Swimming 3:15-4:15 pm |  |  |  |  |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| Dryland 5:30-6:45 am |  | Swimming 3:15-4:15 pm |  | Dryland 5:30-6:45 am |  |  |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| Dryland 5:30-6:45 am |  | Swimming 3:15-4:15 pm |  | Dryland 5:30-6:45 am |  |  |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| Dryland 5:30-6:45 am |  | Swimming 3:15-4:15 pm |  | Dryland 5:30-6:45 am |  |  |
| 30 |  |  |  |  |  |  |
| Dryland 5:30-6:45 am |  |  |  |  |  |  |