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| January | | | | | | | | | | | | 2024 | |
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| Sunday | Monday | | | Tuesday | Wednesday | | | Thursday | Friday | | | | Saturday |
|  | 1 | | | 2 | 3 | | | 4 | 5 | | | | 6 |
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| 7 | 8 | | | 9 | 10 | | | 11 | 12 | | | | 13 |
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| 14 | 15 | | | 16 | 17 | | | 18 | 19 | | | | 20 |
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| 21 | 22 | | | 23 | 24 | | | 25 | 26 | | | | 27 |
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| 28 | 29 | | | 30 | 31 | | |  |  | | | |  |
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| February | | | | | | | | | | | | 2024 | |
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| Sunday | Monday | | | Tuesday | Wednesday | | | Thursday | Friday | | | | Saturday |
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| 4 | 5 | | | 6 | 7 | | | 8 | 9 | | | | 10 |
|  | Fit Club  4-5:30 pm | | | Fit Club  4-5:30 pm | Fit Club  4-5:30 pm | | |  |  | | | |  |
| 11 | 12 | | | 13 | 14 | | | 15 | 16 | | | | 17 |
|  | Fit Club  4-5:30 pm | | | Fit Club  4-5:30 pm | Fit Club  4-5:30 pm | | |  |  | | | |  |
| 18 | 19 | | | 20 | 21 | | | 22 | 23 | | | | 24 |
|  | Fit Club  4-5:30 pm | | | Fit Club  4-5:30 pm | Fit Club  4-5:30 pm | | |  |  | | | |  |
| 25 | 26 | | | 27 | 28 | | | 29 |  | | | |  |
|  | Fit Club  4-5:30 pm | | | Fit Club  4-5:30 pm | Fit Club  4-5:30 pm | | |  |  | | | |  |
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| March | | | | | | | | | | | | 2024 | | |
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| Sunday | Monday | | | Tuesday | Wednesday | | | Thursday | Friday | | | | | Saturday |
|  |  | | |  |  | | |  | 1 | | | | | 2 |
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| 3 | 4 | | | 5 | 6 | | | 7 | 8 | | | | | 9 |
|  | Fit Club  4-5:30 pm | | | Fit Club  4-5:30 pm | Fit Club  4-5:30 pm | | |  |  | | | | |  |
| 10 | 11 | | | 12 | 13 | | | 14 | 15 | | | | | 16 |
|  | Fit Club  4-5:30 pm | | | Fit Club  4-5:30 pm | Fit Club  4-5:30 pm | | |  |  | | | | |  |
| 17 | 18 | | | 19 | 20 | | | 21 | 22 | | | | | 23 |
|  | Fit Club  4-5:30 pm | | | Fit Club  4-5:30 pm | Fit Club  4-5:30 pm | | |  |  | | | | |  |
| 24 | 25 | | | 26 | 27 | | | 28 | 29 | | | | | 30 |
|  | Fit Club  4-5:30 pm | | | Fit Club  4-5:30 pm | Fit Club  4-5:30 pm | | |  |  | | | | |  |
| 31 |  | | |  |  | | |  |  | | | | |  |
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| April | | | | | | | | | | | | 2024 | | |
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| Sunday | Monday | | | Tuesday | Wednesday | | | Thursday | Friday | | | | | Saturday |
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|  | Fit Club  4-5:30 pm | | | Fit Club  4-5:30 pm | Fit Club  4-5:30 pm | | |  |  | | | | |  |
| 7 | 8 | | | 9 | 10 | | | 11 | 12 | | | | | 13 |
|  | Fit Club  4-5:30 pm | | | Fit Club  4-5:30 pm | Fit Club  4-5:30 pm | | |  |  | | | | |  |
| 14 | 15 | | | 16 | 17 | | | 18 | 19 | | | | | 20 |
|  | Fit Club  4-5:30 pm | | | Fit Club  4-5:30 pm | Fit Club  4-5:30 pm | | |  |  | | | | |  |
| 21 | 22 | | | 23 | 24 | | | 25 | 26 | | | | | 27 |
|  | Fit Club  4-5:30 pm | | | Fit Club  4-5:30 pm | Fit Club  4-5:30 pm | | |  |  | | | | |  |
| 28 | 29 | | | 30 |  | | |  |  | | | | |  |
|  | Fit Club  4-5:30 pm | | | Fit Club  4-5:30 pm | Fit Club  4-5:30 pm | | |  |  | | | | |  |
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| May | | | | | | | | | | | | 2024 | |
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| Sunday | Monday | | | Tuesday | Wednesday | | | Thursday | Friday | | | | Saturday |
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| 5 | 6 | | | 7 | 8 | | | 9 | 10 | | | | 11 |
|  | Spring practice  4-5:30pm 6th & 7th | | | Spring practice  4-5:30pm 6th & 7th | Spring practice  4-5:30pm 6th & 7th | | | Spring practice  4-5:30pm 6th & 7th | No Practice | | | |  |
| 12 | 13 | | | 14 | 15 | | | 16 | 17 | | | | 18 |
|  | Spring practice  4-5:30pm 6th & 7th | | | Spring practice  4-5:30pm 6th & 7th | Spring practice  4-5:30pm 6th & 7th | | | Spring practice  4-5:30pm 6th & 7th | No Practice | | | |  |
| 19 | 20 | | | 21 | 22 | | | 23 | 24 | | | | 25 |
|  | Spring practice  4-5:30pm 6th & 7th | | | Spring practice  4-5:30pm 6th & 7th | Spring practice  4-5:30pm 6th & 7th | | | Spring practice  4-5:30pm 6th & 7th | No Practice | | | |  |
| 26 | 27 | | | 28 | 29 | | | 30 | 31 | | | |  |
|  | Dead Week  No Practice | | | Dead Week  No Practice | Dead Week  No Practice | | | Dead Week  No Practice | No Practice | | | |  |
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| June | | | | | | | | | | | | 2024 | |
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| 2 | 3 | | | 4 | 5 | | | 6 | 7 | | | | 8 |
|  | Summer Workouts  6-7:30pm | | | Summer Workouts  6-7:30pm | Summer Workouts  6-7:30pm | | | Summer Workouts  6-7:30pm | No Practice | | | |  |
| 9 | 10 | | | 11 | 12 | | | 13 | 14 | | | | 15 |
|  | Summer Workouts  6-7:30pm | | | Summer Workouts  6-7:30pm | Summer Workouts  6-7:30pm | | | Summer Workouts  6-7:30pm | No Practice | | | |  |
| 16 | 17 | | | 18 | 19 | | | 20 | 21 | | | | 22 |
|  | Summer Workouts  6-7:30pm | | | Summer Workouts  6-7:30pm | Summer Workouts  6-7:30pm | | | Summer Workouts  6-7:30pm | No Practice | | | |  |
| 23 | 24 | | | 25 | 26 | | | 27 | 28 | | | | 29 |
|  | Summer Workouts  6-7:30pm | | | Summer Workouts  6-7:30pm | Summer Workouts  6-7:30pm | | | Summer Workouts  6-7:30pm | No Practice | | | |  |
| 30 |  | | |  |  | | |  |  | | | |  |
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| July | | | | | | | | | 2024 | |
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| Sunday | Monday | | Tuesday | Wednesday | | Thursday | Friday | | | Saturday |
|  | 1 | | 2 | 3 | | 4 | 5 | | | 6 |
|  | Dead Week  No Practice | | Dead Week  No Practice | Dead Week  No Practice | | Dead Week  No Practice | No Practice | | |  |
| 7 | 8 | | 9 | 10 | | 11 | 12 | | | 13 |
|  | Summer Workouts  6-7:30pm | | Summer Workouts  6-7:30pm | Summer Workouts  6-7:30pm | | Summer Workouts  6-7:30pm | No Practice | | |  |
| 14 | 15 | | 16 | 17 | | 18 | 19 | | | 20 |
|  | Summer Workouts  6-7:30pm | | Summer Workouts  6-7:30pm | Summer Workouts  6-7:30pm | | Summer Workouts  6-7:30pm | No Practice | | |  |
| 21 | 22 | | 23 | 24 | | 25 | 26 | | | 27 |
|  | Summer Workouts  6-7:30pm | | Summer Workouts  6-7:30pm | Summer Workouts  6-7:30pm | | Summer Workouts  6-7:30pm | No Practice | | |  |
| 28 | 29 | | 30 | 31 | |  |  | | |  |
|  | Dead Week  No Practice | | Dead Week  No Practice | Dead Week  No Practice | | Dead Week  No Practice | No Practice | | |  |
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| August | | | | | | | | | 2024 | |
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| 4 | 5 | | 6 | 7 | | 8 | 9 | | | 10 |
|  | Primary Tryouts  6-7:30pm | | Primary Tryouts  6-7:30pm | Primary Tryouts  6-7:30pm | | Primary Tryouts  6-7:30pm |  | | |  |
| 11 | 12 | | 13 | 14 | | 15 | 16 | | | 17 |
|  | Practice  4-6:30pm | | Practice  4-6:30pm | Practice  4-6:30pm | | Practice  4-6:30pm | Practice  4-6:30pm | | |  |
| 18 | 19 | | 20 | 21 | | 22 | 23 | | | 24 |
|  | Practice  4-6:30pm | | Practice  4-6:30pm | Practice  4-6:30pm | | Practice  4-6:30pm | Practice  4-6:30pm | | |  |
| 25 | 26 | | 27 | 28 | | 29 | 30 | | | 31 |
|  | Practice  4-6:30pm | | Practice  4-6:30pm | Practice  4-6:30pm | | Practice  4-6:30pm | Practice  4-6:30pm | | |  |
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| September | | | | | | | | | | | | 2024 | | |
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| Sunday | Monday | | | Tuesday | Wednesday | | | Thursday | Friday | | | | | Saturday |
| 1 | 2 | | | 3 | 4 | | | 5 | 6 | | | | | 7 |
|  | Practice  4-6:30pm | | | Practice  4-6:30pm | Gameday  TBD | | | Practice  4-6:30pm | Practice  4-6:30pm | | | | |  |
| 8 | 9 | | | 10 | 11 | | | 12 | 13 | | | | | 14 |
|  | Practice  4-6:30pm | | | Practice  4-6:30pm | Gameday  TBD | | | Practice  4-6:30pm | Practice  4-6:30pm | | | | |  |
| 15 | 16 | | | 17 | 18 | | | 19 | 20 | | | | | 21 |
|  | Practice  4-6:30pm | | | Practice  4-6:30pm | Gameday  TBD | | | Practice  4-6:30pm | Practice  4-6:30pm | | | | |  |
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|  | Practice  4-6:30pm | | | Practice  4-6:30pm | Gameday  TBD | | | Practice  4-6:30pm | Practice  4-6:30pm | | | | |  |
| 29 | 30 | | |  |  | | |  |  | | | | |  |
|  | Practice  4-6:30pm | | |  |  | | |  |  | | | | |  |
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| October | | | | | | | | | | | | 2024 | |
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| Sunday | Monday | | | Tuesday | Wednesday | | | Thursday | Friday | | | | Saturday |
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|  |  | | | Practice  4-6:30pm | Gameday  TBD | | | Practice  4-6:30pm | Practice  4-6:30pm | | | |  |
| 6 | 7 | | | 8 | 9 | | | 10 | 11 | | | | 12 |
|  | Practice  4-6:30pm | | | Practice  4-6:30pm | Gameday  TBD | | | Practice  4-6:30pm | Practice  4-6:30pm | | | |  |
| 13 | 14 | | | 15 | 16 | | | 17 | 18 | | | | 19 |
|  | Practice  4-6:30pm | | | Practice  4-6:30pm | Gameday  TBD | | | Practice  4-6:30pm | Practice  4-6:30pm | | | |  |
| 20 | 21 | | | 22 | 23 | | | 24 | 25 | | | | 26 |
|  | Practice  4-6:30pm | | | Practice  4-6:30pm | Gameday  TBD | | | Practice  4-6:30pm | Practice  4-6:30pm | | | |  |
| 27 | 28 | | | 29 | 30 | | | 31 |  | | | |  |
|  | Practice  4-6:30pm | | | Practice  4-6:30pm | Gameday  TBD | | | Practice  4-6:30pm | Practice  4-6:30pm | | | |  |
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| November | | | | | | | | | | | | 2024 | |
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