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| January | 2024 |
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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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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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| Events | HeadingTo get started right away, just click any placeholder text (such as this) and start typing to replace it with your own. | HeadingWant to insert a picture from your files or add a shape, text box, or table? You got it! On the Insert tab of the ribbon, just tap the option you need. | HeadingView and edit this document in Word on your computer, tablet, or phone. |

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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 Club4-5:30 pm | Fit Club4-5:30 pm | Fit Club4-5:30 pm |  |  |  |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
|  | Fit Club4-5:30 pm | Fit Club4-5:30 pm | Fit Club4-5:30 pm |  |  |  |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
|  | Fit Club4-5:30 pm | Fit Club4-5:30 pm | Fit Club4-5:30 pm |  |  |  |
| 25 | 26 | 27 | 28 | 29 |  |  |
|  | Fit Club4-5:30 pm | Fit Club4-5:30 pm | Fit Club4-5:30 pm |  |  |  |
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| Events | HeadingTo get started right away, just click any placeholder text (such as this) and start typing to replace it with your own. | HeadingWant to insert a picture from your files or add a shape, text box, or table? You got it! On the Insert tab of the ribbon, just tap the option you need. | HeadingView and edit this document in Word on your computer, tablet, or phone. |

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| March | 2024 |
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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
|  | Fit Club4-5:30 pm | Fit Club4-5:30 pm | Fit Club4-5:30 pm |  |  |  |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
|  | Fit Club4-5:30 pm | Fit Club4-5:30 pm | Fit Club4-5:30 pm |  |  |  |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
|  | Fit Club4-5:30 pm | Fit Club4-5:30 pm | Fit Club4-5:30 pm |  |  |  |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
|  | Fit Club4-5:30 pm | Fit Club4-5:30 pm | Fit Club4-5:30 pm |  |  |  |
| 31 |  |  |  |  |  |  |
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| Events | HeadingTo get started right away, just click any placeholder text (such as this) and start typing to replace it with your own. | HeadingWant to insert a picture from your files or add a shape, text box, or table? You got it! On the Insert tab of the ribbon, just tap the option you need. | HeadingView and edit this document in Word on your computer, tablet, or phone. |

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| April | 2024 |
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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  | 1 | 2 | 3 | 4 | 5 | 6 |
|  | Fit Club4-5:30 pm | Fit Club4-5:30 pm | Fit Club4-5:30 pm |  |  |  |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
|  | Fit Club4-5:30 pm | Fit Club4-5:30 pm | Fit Club4-5:30 pm |  |  |  |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
|  | Fit Club4-5:30 pm | Fit Club4-5:30 pm | Fit Club4-5:30 pm |  |  |  |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
|  | Fit Club4-5:30 pm | Fit Club4-5:30 pm | Fit Club4-5:30 pm |  |  |  |
| 28 | 29 | 30 |  |  |  |  |
|  | Fit Club4-5:30 pm | Fit Club4-5:30 pm | Fit Club4-5:30 pm |  |  |  |
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| Events | HeadingTo get started right away, just click any placeholder text (such as this) and start typing to replace it with your own. | HeadingWant to insert a picture from your files or add a shape, text box, or table? You got it! On the Insert tab of the ribbon, just tap the option you need. | HeadingView and edit this document in Word on your computer, tablet, or phone. |

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| May | 2024 |
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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  | 1 | 2 | 3 | 4 |
|  |  |  |  |  |  |  |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
|  | Spring practice4-5:30pm 6th & 7th | Spring practice4-5:30pm 6th & 7th | Spring practice4-5:30pm 6th & 7th | Spring practice4-5:30pm 6th & 7th | No Practice |  |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
|  | Spring practice4-5:30pm 6th & 7th | Spring practice4-5:30pm 6th & 7th | Spring practice4-5:30pm 6th & 7th | Spring practice4-5:30pm 6th & 7th | No Practice |  |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
|  | Spring practice4-5:30pm 6th & 7th | Spring practice4-5:30pm 6th & 7th | Spring practice4-5:30pm 6th & 7th | Spring practice4-5:30pm 6th & 7th | No Practice |  |
| 26 | 27 | 28 | 29 | 30 | 31 |  |
|  | Dead WeekNo Practice | Dead WeekNo Practice | Dead WeekNo Practice | Dead WeekNo Practice | No Practice |  |
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| Events | HeadingTo get started right away, just click any placeholder text (such as this) and start typing to replace it with your own. | HeadingWant to insert a picture from your files or add a shape, text box, or table? You got it! On the Insert tab of the ribbon, just tap the option you need. | HeadingView and edit this document in Word on your computer, tablet, or phone. |

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| June | 2024 |
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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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|  |  |  |  |  |  |  |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
|  | Summer Workouts6-7:30pm | Summer Workouts6-7:30pm | Summer Workouts6-7:30pm | Summer Workouts6-7:30pm | No Practice |  |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
|  | Summer Workouts6-7:30pm | Summer Workouts6-7:30pm | Summer Workouts6-7:30pm | Summer Workouts6-7:30pm | No Practice |  |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
|  | Summer Workouts6-7:30pm | Summer Workouts6-7:30pm | Summer Workouts6-7:30pm | Summer Workouts6-7:30pm | No Practice |  |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
|  | Summer Workouts6-7:30pm | Summer Workouts6-7:30pm | Summer Workouts6-7:30pm | Summer Workouts6-7:30pm | No Practice |  |
| 30 |  |  |  |  |  |  |
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| Events | HeadingTo get started right away, just click any placeholder text (such as this) and start typing to replace it with your own. | HeadingWant to insert a picture from your files or add a shape, text box, or table? You got it! On the Insert tab of the ribbon, just tap the option you need. | HeadingView and edit this document in Word on your computer, tablet, or phone. |

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| July | 2024 |
|  |  |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  | 1 | 2 | 3 | 4 | 5 | 6 |
|  | Dead WeekNo Practice | Dead WeekNo Practice | Dead WeekNo Practice | Dead WeekNo Practice | No Practice |  |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
|  | Summer Workouts6-7:30pm | Summer Workouts6-7:30pm | Summer Workouts6-7:30pm | Summer Workouts6-7:30pm | No Practice |  |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
|  | Summer Workouts6-7:30pm | Summer Workouts6-7:30pm | Summer Workouts6-7:30pm | Summer Workouts6-7:30pm | No Practice |  |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
|  | Summer Workouts6-7:30pm | Summer Workouts6-7:30pm | Summer Workouts6-7:30pm | Summer Workouts6-7:30pm | No Practice |  |
| 28 | 29 | 30 | 31 |  |  |  |
|  | Dead WeekNo Practice | Dead WeekNo Practice | Dead WeekNo Practice | Dead WeekNo Practice | No Practice |  |
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| Events | HeadingTo get started right away, just click any placeholder text (such as this) and start typing to replace it with your own. | HeadingWant to insert a picture from your files or add a shape, text box, or table? You got it! On the Insert tab of the ribbon, just tap the option you need. | HeadingView and edit this document in Word on your computer, tablet, or phone. |

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| August | 2024 |
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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  |  | 1 | 2 | 3 |
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| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|  | Primary Tryouts6-7:30pm | Primary Tryouts6-7:30pm | Primary Tryouts6-7:30pm | Primary Tryouts6-7:30pm |  |  |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
|  | Practice4-6:30pm | Practice4-6:30pm | Practice4-6:30pm | Practice4-6:30pm | Practice4-6:30pm |  |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
|  | Practice4-6:30pm | Practice4-6:30pm | Practice4-6:30pm | Practice4-6:30pm | Practice4-6:30pm |  |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |
|  | Practice4-6:30pm | Practice4-6:30pm | Practice4-6:30pm | Practice4-6:30pm | Practice4-6:30pm |  |
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| Events | HeadingTo get started right away, just click any placeholder text (such as this) and start typing to replace it with your own. | HeadingWant to insert a picture from your files or add a shape, text box, or table? You got it! On the Insert tab of the ribbon, just tap the option you need. | HeadingView and edit this document in Word on your computer, tablet, or phone. |

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| September | 2024 |
|  |  |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|  | Practice4-6:30pm | Practice4-6:30pm | GamedayTBD | Practice4-6:30pm | Practice4-6:30pm |  |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
|  | Practice4-6:30pm | Practice4-6:30pm | GamedayTBD | Practice4-6:30pm | Practice4-6:30pm |  |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
|  | Practice4-6:30pm | Practice4-6:30pm | GamedayTBD | Practice4-6:30pm | Practice4-6:30pm |  |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
|  | Practice4-6:30pm | Practice4-6:30pm | GamedayTBD | Practice4-6:30pm | Practice4-6:30pm |  |
| 29 | 30 |  |  |  |  |  |
|  | Practice4-6:30pm |  |  |  |  |  |
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| Events | HeadingTo get started right away, just click any placeholder text (such as this) and start typing to replace it with your own. | HeadingWant to insert a picture from your files or add a shape, text box, or table? You got it! On the Insert tab of the ribbon, just tap the option you need. | HeadingView and edit this document in Word on your computer, tablet, or phone. |

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| October | 2024 |
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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  | 1 | 2 | 3 | 4 | 5 |
|  |  | Practice4-6:30pm | GamedayTBD | Practice4-6:30pm | Practice4-6:30pm |  |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
|  | Practice4-6:30pm | Practice4-6:30pm | GamedayTBD | Practice4-6:30pm | Practice4-6:30pm |  |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
|  | Practice4-6:30pm | Practice4-6:30pm | GamedayTBD | Practice4-6:30pm | Practice4-6:30pm |  |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
|  | Practice4-6:30pm | Practice4-6:30pm | GamedayTBD | Practice4-6:30pm | Practice4-6:30pm |  |
| 27 | 28 | 29 | 30 | 31 |  |  |
|  | Practice4-6:30pm | Practice4-6:30pm | GamedayTBD | Practice4-6:30pm | Practice4-6:30pm |  |
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| November | 2024 |
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| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
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| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
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| Events | HeadingTo get started right away, just click any placeholder text (such as this) and start typing to replace it with your own. | HeadingWant to insert a picture from your files or add a shape, text box, or table? You got it! On the Insert tab of the ribbon, just tap the option you need. | HeadingView and edit this document in Word on your computer, tablet, or phone. |

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| December | 2024 |
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| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
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| Events | HeadingTo get started right away, just click any placeholder text (such as this) and start typing to replace it with your own. | HeadingWant to insert a picture from your files or add a shape, text box, or table? You got it! On the Insert tab of the ribbon, just tap the option you need. | HeadingView and edit this document in Word on your computer, tablet, or phone. |