

# August 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
14	15 CCWC @RHS 6:00-7:30PM	16 4:15-5:45 Mats	17 4:15-5:15 Game/cardio	18 4:15-5:45 Mats	19 6:30-8:00am	20
21	22 CCWC @RHS 6:00-7:30PM	23 4:15-5:45 Mats	24 4:15-5:15 Game/ cardio	25 4:15-5:45 Mats	26 6:30-8:00am	27
28	29 CCWC @RHS 6:00-7:30PM	30 4:15-5:45 Mats	31 4:15-5:15 Game/ cardio			

# September 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 4:15-5:45 Mats	2 6:30-8:00am	3
4	5 Labor day Off	6 4:15-5:45 Mats	7 4:15-5:15 Game/ cardio	8 4:15-5:45 Mats	9 6:30-8:00am	10
11	12 3:15-5:00 Mats	13 4:15-5:45 Mats	14 4:15-5:15 Game/ cardio	15 4:15-5:45 Mats	16 6:30-8:00am	17
18	19 3:15-5:00 Mats	20 4:15-5:45 Mats	21 4:15-5:15 Game/ cardio	22 4:15-5:45 Mats	23 6:30-8:00am	24
25	26 3:15-5:00 Mats	27 4:15-5:45 Mats	28 4:15-5:15 Game/cardio	29 4:15-5:45 Mats	30 6:30-8:00am	

Returners Practice Calendar

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