

December 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Yellow: at Forge Performance Fitness from 6-7pm	White: at LOCR Indoor Facility from 4:15-6:30pm					1 Varsity at Boathouse <i>(Meryl coaches VW for Todd)</i>
2 OFF	3 <u>Men:</u> Yellow <u>Women:</u> White	4 <u>Men:</u> White <u>Women:</u> Yellow	5 <u>Men:</u> Yellow <u>Women:</u> White	6 <u>Men:</u> White <u>Women:</u> Yellow	7 <u>Men:</u> Yellow <u>Women:</u> White	8 Varsity at Boathouse
9 OFF	10 <u>Men:</u> White <u>Women:</u> Yellow	11 <u>Men:</u> Yellow <u>Women:</u> White	12 <u>Men:</u> White <u>Women:</u> Yellow	13 <u>Men:</u> Yellow <u>Women:</u> White	14 <u>Men:</u> White <u>Women:</u> Yellow	15 Varsity at Boathouse
16 OFF	17 <u>Men:</u> Yellow <u>Women:</u> White	18 <u>Men:</u> White <u>Women:</u> Yellow	19 <u>Men:</u> Yellow <u>Women:</u> White	20 <u>Men:</u> White <u>Women:</u> Yellow	21 <u>Men:</u> Yellow <u>Women:</u> White (2k day!!)	22 Varsity at Boathouse
23 OFF	24 OFF (Optional workout for juniors at 7-9am)	25 OFF	26 OFF (Optional workout for juniors at 7-9am)	27 OFF (Optional workout for juniors at 7-9am)	28 OFF (Optional workout for juniors at 7-9am)	29 OFF
30 OFF	31 (Optional workout for juniors at 7-9am)					