

December

2016

Workout Times / Events

** Means "Historically workouts have been scheduled this way."

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27 Need to know if you are competing in Flying M Frolic and events	28 Max Bell 5:30 – 7:00	29 Max Bell 5:30 – 7:00	30 Max Bell 5:30 – 7:00	1 Max Bell 5:30 – 7:00	2 Easy run at home < 20 minutes	3 Flying M Frolic 9 – 3:00pm
4 Need to know if you are competing in AM – Last Chance Meet Hurdle/Steeplechase/Extra W/O 12 – 1:30pm	5 Max Bell 5:30 – 7:00	6 Max Bell 5:30 – 7:00	7 Max Bell 5:30 – 7:00	8 Max Bell 5:30 – 7:00	9 AM – Last Chance Meet 6 - 8:30pm	10 AM – Last Chance Meet 10 – 2:00pm
11 Hurdle/Steeplechase/Extra W/O 12 – 1:30pm	12 Max Bell 5:30 – 7:00	13 Max Bell 5:30 – 7:00	14 Max Bell 5:30 – 7:00	15 Max Bell 5:30 – 7:00	16 Holiday Get Together at Scott's Place.... Theme TBA	17 Max Bell 11 – 12:30
18 Hurdle/Steeplechase/Extra W/O 12 – 1:30pm	19 Max Bell 5:30 – 7:00	20 Max Bell 5:30 – 7:00	21 Max Bell 5:30 – 7:00	22 Max Bell 5:30 – 7:00	23 No workout	24 Max Bell 11– 1:00pm **
25 No workout	26 No workout	27 Max Bell 5:00 – 6:30 **	28 Max Bell 5:00 – 6:30 **	29 Max Bell 5:00 – 6:30 **	30 Max Bell 5:00 – 6:30 **	31 Max Bell 11– 1:00pm **
1 No workout	2 Max Bell 5:00 – 6:30 **	3 Max Bell 5:30 – 7:00 *** (University re-opens, according to new sched)	4 Max Bell 5:30 – 7:00	5 Max Bell 5:30 – 7:00	6 No workout	7 Max Bell 11 – 12:30