



Off Season **December** 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Band Work	2	3
4	5	6 Band Work	7	8 Band Work	9 AZ Rehab Closes	10
11	12	13 2 Sets X 25@60ft	14	15 2 Sets X 25@60ft	16	17
18 No Throw	19 2 Sets X 25@60ft	20 No Throw	21 2 Sets X 25@60ft	22 No Throw	23 2 Sets X 25@60ft	24
25	26 2 Sets X 25@90ft	27 No Throw	28 2 Sets X 25@90ft	29 No Throw	30 OFF	31 2 Sets X 25@90ft