



## Lower Club Training Schedule



Dates	Wednesday @ CP	Thursday @ DC
<b>w/c 5 Sept</b>	Lower Women	Lower Men
<b>w/c 12 Sept</b>	Lower Men	Lower Women
<b>w/c 19 Sept</b>	Lower Women	Lower Men
<b>w/c 26 Sept</b>	Lower Men	Lower Women
<b>w/c 3 Oct</b>	Lower Women	Lower Men
<b>w/c 10 Oct</b>	Lower Men	Lower Women
<b>w/c 17 Oct</b>	Lower Women	Lower Men
<b>w/c 24 Oct</b>	Lower Men	Lower Women
<b>w/c 31 Oct</b>	Lower Women	Lower Men
<b>w/c 7 Nov</b>	Lower Men	Lower Women
<b>w/c 14 Nov</b>	Lower Women	Lower Men
<b>w/c 21 Nov</b>	Lower Men	Lower Women
<b>w/c 28 Nov</b>	Lower Women	Lower Men
<b>w/c 5 Dec</b>	Lower Men	Lower Women
<b>w/c 12 Dec</b>	Lower Women	Lower Men
<b><i>Xmas Holidays</i></b>		
<b>w/c 2 Jan</b>	Lower Men	Lower Women
<b>w/c 9 Jan</b>	Lower Women	Lower Men
<b>w/c 16 Jan</b>	Lower Men	Lower Women
<b>w/c 23 Jan</b>	Lower Women	Lower Men
<b>w/c 30 Jan</b>	Lower Men	Lower Women
<b>w/c 6 Feb</b>	Lower Women	Lower Men
<b>w/c 13 Feb</b>	Lower Men	Lower Women
<b>w/c 20 Feb</b>	Lower Women	Lower Men
<b>w/c 27 Feb</b>	Lower Men	Lower Women
<b>w/c 6 March</b>	Lower Women	Lower Men
<b>w/c 13 March</b>	Lower Men	Lower Women
<b>w/c 20 March</b>	Lower Women	Lower Men
<b>w/c 27 March</b>	Lower Men	Lower Women