

IGNITE 2018/2019

Monday	Tuesday	Wednesday	Thursday	Friday
3:15 – 4:15pm	7:45 – 9:15 pm	3:30 – 4:30pm	7:15 – 8:15 am	
<i>Strength & Conditioning</i> Carihi	<i>Gymnastics</i> Springs Gymnastics	<i>Sprint Training</i> Carihi	<i>Strength & Conditioning</i> Carihi *gym open at 7am	

September

3	4	5	6	7
10	11	12	13	14
17 S&C	18	19 Sprint	20 S&C	21
24 No Training	25	26 Sprint	27 S&C	28

October

1 S&C	2	3 Sprint	4 S&C	5
8 THANKSGIVING	9	10 Sprint	11 S&C	12
15 S&C	16	17 Sprint	18 S&C	19
22 S&C	23	24 Sprint	25 S&C	26
29 S&C	30	31 Sprint		

November

			1 S&C	2
5 -9 Mid Semester Break				
12 Remembrance Day	13 Gymnastics	14	15 S&C	16
19 S&C	20 Gymnastics	21	22 S&C	23
26 S&C	27 Gymnastics	28	29 S&C	30

December

3 S&C	4 Gymnastics	5	6 S&C	7
10 S&C	11 Gymnastics	12	13 S&C	14
17 S&C	18 Gymnastics	19	20 S&C	21
Dec 24 – Jan 4 No Training – Winter Break				

January

7 S&C	8 Gymnastics	9	10 S&C	11
14 S&C	15 Gymnastics	16	17 S&C	18
21 - 25 NO Training – Assessment Week				
28 S&C	29 Gymnastics	30	31 S&C	

February

				1
4 S&C	5 Gymnastics	6	7 S&C	8
11 S&C	12 Gymnastics	13	14 S&C	15
18 Family Day	19 Gymnastics	20	21 S&C	22
25 No Training	26 Gymnastics	27	28 S&C	

March

				1
4 S&C	5 Gymnastics	6	7 S&C	8
11 S&C	12 Gymnastics	13	14 No Training	15
18 S&C	19 Gymnastics	20	21 S&C	22
March 22 – April 1 - No Training – Spring Break				

April

1 No Training	2	3 Sprint	4 S&C	5
8 S&C	9	10 Sprint	11 S&C	12
15 S&C	16	17 Sprint	18 S&C	19
22 No Training	23	24 Sprint	25 S&C	26
29 S&C	30			

May

		1 Sprint	2 S&C	3
6 S&C	7	8 Sprint	9 S&C	10
13 S&C	14	15 Sprint	16 S&C	17
20 Victoria Day	21	22 Sprint	23 S&C	24
27	28	29	30	31