

Elite December Schedule

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date	1-Dec	2-Dec	3-Dec	4-Dec	5-Dec	6-Dec	7-Dec
AM	Off	Off	5:15 - 7:30 am	Off	Off	5:30 - 7:45 am	Off
PM	2:15 - 4:30 pm	2:15 - 4:30 pm	2:15 - 4:30 pm	2:15 - 4:30 pm	2:15 - 4:30 pm	Off	Off
Level 10		6:45 - 8:00 am				Off	
Activity							
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date	8-Dec	9-Dec	10-Dec	11-Dec	12-Dec	13-Dec	14-Dec
AM	5:15 - 7:30 am	Off	Off	PWI / OJI	PWI / OJI	PWI / OJI	PWI / OJI
PM	2:15 - 4:30 pm	2:15 - 4:30 pm	2:15 - 4:30 pm				
Level 10		Off					
Activity	choose 1 workout						
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date	15-Dec	16-Dec	17-Dec	18-Dec	19-Dec	20-Dec	21-Dec
AM	Off	Off	5:15 - 7:30 am	Off	Off	Off	Off
PM	2:15 - 4:00pm	2:15 - 4:00pm	2:15 - 4:00pm	2:15 - 4:00pm	2:15 - 4:00pm	Off	Off
Level 10		Off				Off	
Activity					Christmas Party 3:45 - 6:30pm		
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date	22-Dec	23-Dec	24-Dec	25-Dec	26-Dec	27-Dec	28-Dec
AM	Off	Off	Off	Off	9:30 - 11:30am	9:30 - 11:30am	7:00 - 9:00am
PM	Off	Off	Off	Off	5:00 - 7:00pm	Off	Off
Level 10	Off	Off	Off	Off	Off	Off	
Activity							
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date	29-Dec	30-Dec	31-Dec	1-Jan	2-Jan	3-Jan	4-Jan
AM	5:30 - 7:30am	5:30 - 7:30am	5:30 - 7:30am	Off	Off	Off	Off
PM	4:00 - 6:00pm	4:00 - 6:00pm	Off	Off	Off	Off	Off
Level 10	Off	Off	Off			Off	
Activity							

Lawson

Level 10

U of R