

August 2015 Tech Masters workout schedule

-Fall starts on Tuesday September 8th

Date	6:15a-7:30a	12p-1:15p	7:15p-8:30p
Monday August 3	4	3	3
Tuesday August 4	3	none	3
Wednesday August 5	4	3	4
Thursday August 6	3	none	3
Friday August 7	4	3	none
Saturday August 8	No workout		
Sun August 9	No workout		
Monday August 10	4	3	4
Tuesday August 11	3	none	3
Wednesday August 12	4	3	4
Thursday August 13	3	none	4
Friday August 14	3	5 - short course	none
Saturday August 15	No workout		
Sun August 16	No workout		
Monday August 17	6	4	4
Tuesday August 18	5	none	4
Wednesday August 19	6	4	4
Thursday August 20	5	none	4
Friday August 21	6	4	none
Saturday August 22	No workout		

Date	6:15a-7:30a	12p-1:15p	7:15 p-8:30p
Sun August 23	No workout		
Monday August 24	6	4	4
Tuesday August 25	5	none	4
Wednesday August 26	6	4	4
Thursday August 27	5	none	4
Friday August 28	6	4	none
Saturday August 29	No workout		
Sun August 30	No workout		
Monday August 31	6	4	4
Tuesday September 1	5	none	4
Wednesday September 2	6	4	4
Thursday September 3	5	none	4
Friday September 4	6	4	none
Saturday September 5	No workout		
Sun September 6	No workout		
Monday September 7th	No workout due to holiday and Fall workout session starts on Tuesday		
Notes:			

1. Move to short course for August 14th noon workout.

2. No workouts on Monday Sept 7th - MIT holiday. We start the Fall session on Tuesday September 8th