

## August 2019 Tech Masters workout schedule

| Date                | 6:15a-7:30a   | 12p-1:15p | 7:15p-8:30p |
|---------------------|---|-----------|-------------|
| Monday July 29      | 4   | 3         | 3           |
| Tuesday July 30     | 3   | none      | 3           |
| Wednesday July 31   | 4   | 3         | 3           |
| Thursday August 1   | 3   | none      | 3           |
| Friday August 2     | 4   | 3         | none        |
| Saturday August 3   | No workout on Saturday  |           |             |
| Sun August 4        | No workout due to swim meet   |           |             |
| Monday August 5     | 4   | 3         | 3           |
| Tuesday August 6    | 3   | none      | 3           |
| Wednesday August 7  | 4   | 3         | 3           |
| Thursday August 8   | 3   | none      | 3           |
| Friday August 9     | 3   | 3         | none        |
| Saturday August 10  | No workout  |           |             |
| Sun August 11       | 10 am to 11:15 am workout (might be cancelled due to varsity polo workouts) |           |             |
| Monday August 12    | 6   | 5         | 4           |
| Tuesday August 13   | 5   | none      | 4           |
| Wednesday August 14 | 6   | 5         | 4           |
| Thursday August 15  | 5   | none      | 4           |
| Friday August 16    | 6   | 5         | none        |
| Saturday August 17  | No workout  |           |             |
| Sun August 18       | 10 am to 11:15 am workout (might be cancelled due to varsity polo workouts) |           |             |

| Date                | 6:15a-7:30a   | 12p-1:15p | 7:15 p-8:30p |
|---------------------|---|-----------|--------------|
| Monday August 19    | 6   | 5         | 4            |
| Tuesday August 20   | 5   | none      | 4            |
| Wednesday August 21 | 6   | 5         | 4            |
| Thursday August 22  | 5   | none      | 4            |
| Friday August 23    | 6   | 5         | none         |
| Saturday August 24  | No workout  |           |              |
| Sun August 25       | 10 am to 11:15 am workout (might be cancelled due to varsity polo workouts) |           |              |
| Monday August 26    | 6   | 5         | 4            |
| Tuesday August 27   | 5   | none      | 4            |
| Wednesday August 28 | 6   | 5         | 4            |
| Thursday August 29  | 5   | none      | 4            |
| Friday August 30    | 6   | 5         | none         |
| Saturday August 31  | No workout  |           |              |
| Sun September 1     | 10 am to 11:15 am workout (might be cancelled due to varsity polo workouts) |           |              |
| Monday September 2  | No workout due to holiday and Fall workout session starts on Tuesday        |           |              |
| Notes:              |   |           |              |

1. no workout on Sunday August 4th due to swim meet -
2. Move to short course for August 9th after noon workout
3. . No workouts on Monday Sept 2nd - MIT holiday. We start the Fall session on Tuesday September 3rd