



STM - GYM RATS CLUB



| 9-Sep | 11-Sep | 16-Sep | 18-Sep | 23-Sep | 25-Sep |
|-----------|-----------|-----------|-----------|-----------|-----------|
| 6:30-6:45 | 6:30-6:45 | 6:30-6:45 | 6:30-6:45 | 6:30-6:45 | 6:30-6:45 |
| 6:45-7:00 | 6:45-7:00 | 6:45-7:00 | 6:45-7:00 | 6:45-7:00 | 6:45-7:00 |
| 7:00-7:15 | 7:00-7:15 | 7:00-7:15 | 7:00-7:15 | 7:00-7:15 | 7:00-7:15 |

| 30-Sep | 2-Oct | 7-Oct | 9-Oct | 14-Oct | 16-Oct |
|-----------|-----------|-----------|-----------|-----------|-----------|
| 6:30-6:45 | 6:30-6:45 | 6:30-6:45 | 6:30-6:45 | 6:30-6:45 | 6:30-6:45 |
| 6:45-7:00 | 6:45-7:00 | 6:45-7:00 | 6:45-7:00 | 6:45-7:00 | 6:45-7:00 |
| 7:00-7:15 | 7:00-7:15 | 7:00-7:15 | 7:00-7:15 | 7:00-7:15 | 7:00-7:15 |

| 21-Oct | 23-Oct | 28-Oct |
|-----------|-----------|-----------|
| 3:15-3:30 | 3:15-3:30 | 3:15-3:30 |
| 3:30-3:45 | 3:30-3:45 | 3:30-3:45 |
| 3:45-4:00 | 3:45-4:00 | 3:45-4:00 |

Coach Mennig will open doors at 6:20am

Sign up for Gym Rats Club will be week of Sept 2-5 on Coach Mennig's office door

Tryouts are Nov 3-4