

# HSE Royals

*September*



SUN

MON

TUE

WED

THU

FRI

SAT

**Must have Physical  
on file to participate**

**Weights  
T/TH 3:10-4:15**

1

L a b o r  
D a y

**3:15-5:00**  
**Aux 4-6**

**3:15-5:00**  
**Aux 4-6**

8

**3:00-5:00**  
**Aux 4-6**

**3:15-5:00**  
**Aux 4-6**

**Conditioning**  
**3:10-3:50**

15

**3:00-5:00**  
**Aux 4-6**

**3:15-5:00**  
**Aux 4-6**

**Conditioning**  
**3:10-3:50**

22

**3:00-5:00**  
**Aux 4-6**

**3:15-5:00**  
**Aux 4-6**

**Conditioning**  
**3:10-3:50**

# HSE Royals

*October*



SUN

MON

TUE

WED

THU

FRI

SAT

**Golf  
Outing**

**3:15-5:00  
Aux 4-6**

**Conditioning  
open gym  
3:15-5:00**

**Weights  
T/TH 3:10-4:15**

6

**3:00-5:00  
Aux 4-6**

**3:15-5:00  
Aux 4-6**

**Mile  
Run**

13

**Fall Break**

20

**3:00-5:00  
Aux 4-6**

**3:15-5:00  
Aux 4-6**

**Conditioning  
3:10-3:50**

27

**3:00-5:00  
Aux 4-6**

**3:15-5:00  
Aux 4-6**

**Conditioning  
3:10-3:50**

# HSE Royals

*November*



SUN

MON

TUE

WED

THU

FRI

SAT

**Pick up Royal Card  
from AD office**

3

**3:15 - 5:00  
Aux 4-6**

**3:15 - 5:00  
Aux 4-6**

10

**1st  
Practice**

**Final  
Cuts**