

Southern Cayuga Athletics  
 Intramural Off Season Workout Schedule 2020

Mon. 9/28	A group	Spring Sport
Tues. 9/29	B group	Spring Sport
Wed. 9/30	A Group	Fall/Winter Sport
Thurs. 10/1	B Group	Fall/Winter Group

Mon. 10/5	B group	Spring Sport
Tues. 10/6	A group	Spring Sport
Wed. 10/7	B group	Fall/Winter Sport
Thurs. 10/8	A group	Fall/Winter Group

Mon. 10/12	No School	
Tues. 10/13	A group	Spring Sport
Wed. 10/14	B group	Fall/Winter Sport
Thurs. 10/15	A group	Fall/Winter Group

Mon. 10/19	A group	Spring Sport
Tues. 10/20	B group	Spring Sport
Wed. 10/21	A group	Fall/Winter Sport
Thurs. 10/22	B group	Fall/Winter Group

Mon. 10/26	B group	Spring Sport
Tues. 10/27	A group	Spring Sport
Wed. 10/28	B group	Fall/Winter Sport
Thurs. 10/29	A group	Fall/Winter Group

Mon. 11/2	A group	Spring Sport
Tues. 11/3	B group	Spring Sport
Wed. 11/4	A group	Fall/Winter Sport
Thurs. 11/5	B group	Fall/Winter Group

Mon. 11/9	B group	Spring Sport
-----------	---------	--------------

- All athletes need to take their belongings to their practice locations. The bags should be placed apart from each other. Students may not re-enter the building after practice.