

Locos Express Winter Workout Schedule

(Sunday Nov. 12, 2023 - Sunday Feb. 18, 2024)



 At UNOH-1390 N. Cable Rd, Lima, OH 45805

 At FAST - 3477 S. Dixie Hwy. Lima, OH 45804

	<u>9am-12pm</u>	<u>12pm-3pm</u>	<u>3pm-5pm</u>	<u>5pm-7pm</u>
November 12, 2023	12U/13U	14U/15U	16U	17U
November 19, 2023	12U/13U	16U/17U	14U	15U
	<u>9am-12pm</u>	<u>12pm-3pm</u>	<u>3pm-5pm</u>	<u>5pm-7pm</u>
December 3, 2023	14U/15U	16U/17U	12U	13U
December 10, 2023	12U/13U	14U/15U	16U	17U
December 17, 2023	12U/13U	16U/17U	14U	15U
	<u>1pm-4pm</u>	<u>4pm-7pm</u>	<u>3pm-5pm</u>	<u>5pm-7pm</u>
January 7, 2023	16U/17U	14U/15U	12U	13U
January 14, 2023	12U/13U	14U/15U	16U	17U
January 21, 2023	16U/17U	12U/13U	14U	15U
January 28, 2023	16U/17U	14U/15U	12U	13U
February 4, 2023	12U/13U	14U/15U	16U	17U
February 11, 2023	16U/17U	12U/13U	14U	15U
	<u>1pm-3pm</u>	<u>3pm-5pm</u>	<u>5pm-7pm</u>	
February 18, 2023	12U/13U	14U/15U	16U/17U	