

# Locos Express Winter Workout Schedule

(Sunday Nov. 10, 2024 - Sunday Feb. 16, 2025)



	<u>9am-11pm</u>	<u>11pm-1pm</u>	<u>1pm-3pm</u>
November 10, 2024	12U-Blue/13U	14U/15U	16U/17-18U
November 17, 2024	12U-Blue/13U	14U/15U	16U/17-18U
November 24, 2024	12U-Blue/13U	14U/15U	16U/17-18U

**Thanksgiving Break** -----

December 8, 2024	12U-Blue/13U	14U/15U	16U/17-18U
December 15, 2024	12U-Blue/13U	14U/15U	16U/17-18U

**Christmas Break** -----

<b>Time Change →</b>	<u>1pm-3pm</u>	<u>3pm-5pm</u>	<u>5pm-7pm</u>
January 5, 2025	12U-Blue/13U	14U/15U	16U/17-18U
January 12, 2025	12U-Blue/13U	14U/15U	16U/17-18U
January 19, 2025	12U-Blue/13U	14U/15U	16U/17-18U
January 26, 2025	12U-Blue/13U	14U/15U	16U/17-18U
February 2, 2025	12U-Blue/13U	14U/15U	16U/17-18U
February 9, 2025	12U-Blue/13U	14U/15U	16U/17-18U

<b>Time Change →</b>	<u>1pm-3pm</u>	<u>3pm-5pm</u>	<u>5pm-7pm</u>
February 16, 2025	12U-Blue/13U	14U/15U	16U/17-18U