



Wednesday Workouts
(Nov. 15, 2023 - February 14, 2023)
5-6 pm

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

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

November 15, 2023 - **Everyone @ FAST**

	<u>UNOH</u>	<u>FAST</u>
November 29, 2023 -	13U/14U/15U/16U/17U	12U

December 6, 2023 -	12U/14U/15U/16U/17U	13U
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December 13, 2023 -	13U/14U/15U/16U/17U	12U
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December 20, 2023-	12U/14U/15U/16U/17U	13U
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January 10, 2024 - **Everyone @ FAST**

January 17, 2024 - **Everyone @ FAST**

January 24, 2024 - **Everyone @ FAST**

January 31, 2024 - **Everyone @ FAST**

February 7, 2024 - **Everyone @ FAST**

February 14, 2024- **Everyone @ FAST**