

SSRA DRYLAND TRAINING SCHEDULE

JUNIORS/FIS JUNIORS BEGIN OCT. 1

JUNIOR DEVELOPMENT BEGIN OCT. 15

Bring a water bottle and dress appropriately for dryland training!

DAY	DATE	LOCATION	TIME
Thursday	October 1	U District	5-6 pm
Tuesday	October 6	U District	5-6pm
Wednesday	October 7	Spokane Club (4 th Ave)	5-6pm
Thursday	October 8	U District	5-6pm
Tuesday	October 13	U District	5-6pm
Wednesday	October 14	Spokane Club (4 th Ave)	5-6pm
Thursday	October 15	U District	5-6pm
Tuesday	October 20	U District	5-6pm
Wednesday	October 21	Spokane Club (4 th Ave)	5-6pm
Thursday	October 22	U District	5-6pm
Tuesday	October 27	U District	5-6pm
Wednesday	October 28	Spokane Club (4 th Ave)	5-6pm
Thursday	October 29	U District	5-6pm
Tuesday	November 3	U District	5-6pm
Wednesday	November 4	Spokane Club (4 th Ave)	5-6pm
Thursday	November 5	U District	5-6pm
Tuesday	November 10	U District	5-6pm
Wednesday	November 11	Ice Palace(Riverfront Park)	4-5pm
Thursday	November 12	U District	5-6pm
Tuesday	November 17	U District	5-6pm
Wednesday	November 18	Ice Palace(Riverfront Park)	4-5pm
Thursday	November 19	TBA	
Tuesday	November 24	Off	
Wednesday	November 25	Off	
Thursday	November 26	Off	
Tuesday	December 1	U District	5-6pm
Wednesday	December 2	Spokane Club (4 th Ave)	5-6pm
Thursday	December 3	U District	5-6pm
Tuesday	December 8	U District	5-6pm
Wednesday	December 9	Ice Palace(Riverfront Park)	4-5pm
Thursday	December 10	U District	5-6pm
Tuesday	December 15	U District	5-6pm
Wednesday	December 16	Ice Palace(Riverfront Park)	4-5pm
Thursday	December 17	U District	5-6pm