

# Team Workout Schedule

Dear Team Members,

We are excited to share the workout schedule for the upcoming season. Please find the details below:

## Workout Schedule:

- **Monday:** 6:00 PM - 8:00 PM - Gym Session
- **Wednesday:** 5:00 PM - 7:00 PM - Outdoor Practice
- **Friday:** 6:00 PM - 8:00 PM - Strategy Meeting & Workout

Location: *Local Sports Center*

## Important Reminders:

- Bring your own water bottle.
- Wear appropriate workout gear.
- Arrive 10 minutes early for check-in.

If you have any questions, feel free to reach out to the coaching staff.

Looking forward to a great season!

Best,

The Coaching Staff