

January 2023 Tech Masters workout schedule

Date	6:15a-7:30a	12p-1:15p	7:15p-8:30p
Monday January 2	no workout due to MIT holiday		
Tuesday January 3	5	none	4
Wednesday January 4	6	4	4
Thursday January 5	5	none	4
Friday January 6	6	swim meet	swim meet
Saturday January 7	No workout		
Sun January 8	workout canceled swim meet		
Monday January 9	6	4	4
Tuesday January 10	5	none	4
Wednesday January 11	6	4	4
12-Jan	5	none	4
Friday January 13	6	4	4
Saturday January 14	none	none	none
Sun January 15	5 lanes for the 10:00 AM to 11:15 AM workout		

Date	6:15a-7:30a	12p-1:15p	7:15p-8:30p
Monday January 16	no workout due to MIT holiday		
Tuesday January 17	5	4	4
Wednesday January 18	6	4	4
Thursday January 19	5	none	4
Friday January 20	6	4	4
Saturday January 21	none	none	none
Sun January 22	5 lanes for the 10:00 AM to 11:15 AM workout		
Monday January 23	6	4	4
Tuesday January 24	5	none	4
Wednesday January 25	6	4	4
Thursday January 26	5	none	4
Friday January 27	6	4	4
Saturday January 28	none	none	none
Sun January 29	One hours swim: 9:30 am to 12 noon 6 lanes		
Monday January 30	6	4	4
Tuesday January 31	4	none	4

Changes to normal workout schedule

1/2 (Monday) MIT holiday

1/8 (Sunday) - no Sunday workout due to swim meet

1/16 (Monday) - MIT holiday - no workouts - but extra Tuesday (1/17) noon workout

1/26 (Sunday) - One hour swim - from 9:30 to 12 noon - 6 lanes