

September 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14 4:30-6:30 Weights 4:30-5:15 FH 5:15-6:30	15	16	17 4:30-6:30 Weights 4:30-5:15 FH 5:15-6:30	18	19
20	21 4:30-6:30 Weights 4:30-5:15 FH 5:15-6:30	22	23	24 4:30-6:30 Weights 4:30-5:15 FH 5:15-6:30	25	26
27	28 4:30-6:30 Weights 4:30-5:15 FH 5:15-6:30	29 4:30-6:30 Weights 4:30-5:15 FH 5:15-6:30	30	Notes:		

October 2020

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 4:30-6:30 Weights 4:30-5:15 FH 5:15-6:30	2	3
4	5 4:30-6:30 Weights 4:30-5:15 FH 5:15-6:30	6 4:30-6:30 Weights 4:30-5:15 FH 5:15-6:30	7	8 4:30-6:30 Weights 4:30-5:15 FH 5:15-6:30	9	10
11	12	13 4:30-6:30 Weights 4:30-5:15 FH 5:15-6:30	14	15 4:30-6:30 Weights 4:30-5:15 FH 5:15-6:30	16	17
18	19 4:30-6:30 Weights 4:30-5:15 FH 5:15-6:30	20 4:30-6:30 Weights 4:30-5:15 FH 5:15-6:30	21	22 4:30-6:30 Weights 4:30-5:15 FH 5:15-6:30	23	24
25	26 4:30-6:30 Weights 4:30-5:15 FH 5:15-6:30	27 4:30-6:30 Weights 4:30-5:15 FH 5:15-6:30	28	29 4:30-6:30 Weights 4:30-5:15 FH 5:15-6:30	30	31