

November 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11 Veterans Day	12	13	14	15	16	17
18	19	20	21	22 Thanksgiving Day	23	24
25	26 Weights Begins Session 1- 2:40-3:40 Session 2- 3:05-4:05 Session 3- 3:25-4:25	27	28 Weights	29	30 FB Supplemental Weights only	
	Session 1- Monday and Wed. only	Session 2 and 3 (FB) Monday, Wed. and Friday				