

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 7pm - Open Runs	3 5:30pm - Workouts GRG	4 BACK 2 SCHOOL NIGHT	5 3:30pm - Workouts SMG	6	7
8	9 7pm - Workouts LRG	10 3:30pm - Workouts SMG	11 7pm - Open gym LRG	12 3:30pm - Workout LRG	13	14
15	16 7pm - Workouts LRG	17 3:30pm - Workouts SMG	18 7pm - Open gym LRG	19 3:30pm - Workouts SMG	20	21
22	23 7pm - Workouts LRG	24 3:30pm - Workouts LRG	25 7pm - Open gym LRG	26 3:30pm - Workouts LRG	27	28
29	30 7pm - Workouts LRG	1 3:30pm - Workouts SMG	2 7pm - Open gym LRG	3 3:30pm - Workouts LRG	4	5