

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	1	2	3	4
	7pm - Open gym LRG		7pm - Open gym LRG			
5	6	7	8	9	10	11
	5:30pm - Open gym LRG	3:30pm - workouts LRG	5:30pm - Open gym LRG	3:30pm - workouts LRG		
12	13	14	15	16	17	18
	3:30pm - LRG		3:30pm - LRG	3:30pm - LRG	OPTIONAL 3:30pm - LRG	
19	20	21	22	23	24	25
	3:30pm - LRG	3:30pm - LRG	PHYSICAL NIGHT	3:30pm - LRG	OPTIONAL 3:30pm - LRG	
26	27	28	29	30	31	1
	3:30pm - LRG	3:30pm - SMG	5:30pm - SMG	3:30pm - LRG	OPTIONAL 3:30pm - LRG	