

# OCTOBER

/ 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	1 Small group workouts Auxiliary gym 3:15-4pm	2	3	4 Small group workouts Auxiliary gym 3:15-4pm	5
6	7	8 Small group workouts Auxiliary gym 3:15-4pm	9	10 Small group workouts Auxiliary gym 3:15-4pm	11	12
13	14	15 Small group workouts Auxiliary gym 3:15-4pm	16	17 Small group workouts Auxiliary gym 3:15-4pm	18	19
20	21	22 Small group workouts Auxiliary gym 3:15-4pm	23	24 Small group workouts Auxiliary gym 3:15-4pm	25	26
27	28 1st day of practice Auxiliary gym 3:15-5:15pm	29 Practice Auxiliary gym 3:15-5:15pm	30 Practice Auxiliary gym 3:15-5:15pm	31 Practice Auxiliary gym 3:15-5:15pm Wear costume to practice that you can still run in	1 Practice Auxiliary gym 3:15-5:15pm	2 Practice Auxiliary gym 10am-11:30am