

August 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
21	22 3:15-4:45pm on mats	23 4:15-5:5:15 Mats 5:15-6:00 weights	24 4:15-5:15 Game/ cardio	25 4:15-5:5:15 Mats 5:15-6:00 weights	26 Off	27
28	29 3:15-4:45pm on mats	30 4:15-5:5:15 Mats 5:15-6:00 weights	31 4:15-5:15 Game/ cardio			

September 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 4:15-5:45 Mats	2 Off	3
4	5 Labor day Off	6 4:15-5:5:15 Mats 5:15-6:00 weights	7 4:15-5:15 Game/ cardio	8 4:15-5:5:15 Mats 5:15-6:00 weights	9 Off	10
11	12 3:15-4:45pm on mats	13 4:15-5:5:15 Mats 5:15-6:00 weights	14 4:15-5:15 Game/ cardio	15 4:15-5:5:15 Mats 5:15-6:00 weights	16 Off	17
18	19 3:15-4:45pm on mats	20 4:15-5:5:15 Mats 5:15-6:00 weights	21 4:15-5:15 Game/ cardio	22 4:15-5:5:15 Mats 5:15-6:00 weights	23 Off	24
25	26 3:15-4:45pm on mats	27 4:15-5:15 Mats 5:15-6:00 Weights	28 4:15-5:15 Game/cardio	29 4:15-5:15 Mats 5:15-6:00 weights	30 Off	