

SEPTEMBER 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Labor Day OFF	2 Beginners & Returners 4:15-5:45 pm	3 Cardio Day 4:14:5:15	4 Beginners & Returners 4:15-5:45 pm	5 OFF	6
7	8 Returners 3:15-5:00pm	9 Beginners & Returners 4:15-5:45 pm	10 Cardio Day 4:15-5:15pm	11 Patriot Day Beginners & Returners 4:15-5:45 pm	12 OFF	13
14	15 Returners 3:15-5:00pm	16 Beginners & Returners 4:15-5:45 pm	17 Cardio Day 4:15-5:15pm	18 Beginners & Returners 4:15-5:45 pm	19 OFF	20
21	22 Autumnal eq. (GMT) Returners 3:15-5:00pm	23 Rosh Hashanah Beginners & Returners 4:15-5:45 pm	24 Cardio Day 4:15-5:15pm	25 Beginners & Returners 4:15-5:45 pm	26 OFF	27
28	29 Returners 3:15-5:00pm	30 Beginners & Returners 4:15-5:45 pm				

OCTOBER 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Cardio Day 4:14:5:15	2 Yom Kippur Beginners & Returners 4:15-5:45 pm	3 OFF	4 TCWA T.O.
5	6 Returners 3:15-5:00pm	7 Beginners & Returners 4:15-5:45 pm	8 Cardio Day 4:15-5:15pm	9 Beginners & Returners 4:15-5:45 pm	10 OFF Travel to Clovis	11 World Challenge Clovis W.
12	13 Columbus Day OFF	14 OFF	15 OFF	16 OFF	17 OFF	18 Homecoming Dace
19	20 OFF	21 OFF	22 OFF	23 OFF	24 United Nations Day OFF	25
26 1st day offical practice	27 Returners 3:15-5:00pm	28 Beginners 4:15-5:45 pm Returners 4:15-6:00	29 Beginners 4:15-5:45 pm Returners 4:15-6:00	30 Beginners 4:15-5:45 pm Returners 4:15-6:00	31 Beginners Off Returners 4:15-5:15	