

# October

2019

STRONG, GRIT, FIGHT, FIT, TRAINER'S CHOICE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 830am Ashley 420pm Jay 530pm Jay	2 830am Nichole 420pm Katie 530pm Mike	3 830am Frankie 420pm Katie 530pm Jay	4 830am Jay 420pm Katie 530pm Frankie	5 915am Frankie
6 915am Coach	7 830am Mike 420pm Jay 530pm Jay	8 830am Jay 420pm Frankie 530pm Frankie	9 830am Frankie 420pm Jay 530pm Mike	10 830am Mike 420pm Katie 530pm Katie	11 830am Ashley 420pm Mike 530pm Mike	12 915am Kaylin
13 915am Mike	14 830am Katie 420pm Jay 530pm Mike	15 830am Ashley 420pm Frankie 530pm Frankie	16 830am Frankie 420pm Mike 530pm Mike	17 830am Jay 420pm Katie 530pm Mike	18 830am Ashley 420pm Katie 530pm Frankie	19 915am Frankie
20 915am Coach	21 830am Nichole 420pm Frankie 530pm Frankie	22 830am Mike 420pm Katie 530pm Katie	23 830am Jay 420pm Mike 530pm Mike	24 830am Mike 420pm Katie 530pm Jay	25 830am Ashley 420pm Frankie 530pm Mike	26 915am Kaylin
27 915am Jay	28 830am Nichole 420pm Jay 530pm Jay	29 830am Ashley 420pm Mike 530pm Mike	30 830am Mike 420pm Frankie 530pm Frankie	31 830am Mike 420pm Katie 530pm Jay		

