



November 2016						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	31 9:15 HALLOWEEN WORKOUT (H) BEGINS NEW SESSION	1 6 AM SMALL GRP. 8 AM SMALL GRP.	2 9:15 BOOT CAMP 630 PM SMALL GRP.	3 6 AM SMALL GRP.	4 9:15 BOOT CAMP	5 9 AM SMALL GRP.
6	7 9:15 BOOT CAMP	8 6 AM SMALL GRP. 8 AM SMALL GRP.	9 9:15 BOOT CAMP	10 6 AM SMALL GRP.	11 9:15 VETERAN'S DAY WORKOUT	12 9 AM SMALL GRP.
13	14 9:15 BOOT CAMP	15 6 AM SMALL GRP 8 AM SMALL GRP	16 9:15 BOOT CAMP 630 PM SMALL GRP.	17 6 AM SMALL GRP.	18 9:15 BOOT CAMP	19 9 AM SMALL GRP.
20	21 9:15 BOOT CAMP	22 6 AM SMALL GRP. 8 AM SMALL GRP.	23 9:15 PRE - TURKEY DAY THANKSGIVING WORKOUT	24 THANKSGIVING ENJOY THE HOLIDAY!!	25 9:15 BOOT CAMP	26 9 AM SMALL GRP.
27	28 9:15 BOOT CAMP	29 6 AM SMALL GRP. 8 AM SMALL GRP.	30 9:15 BOOT CAMP 630 PM SMALL GRP.	DEC. 1 6 AM SMALL GRP.	DEC. 2 9:15 BOOT CAMP END OF SESSION	
<p>Notes: H = Holiday Workout (Tough). Small Groups meet in Gym, not park. Boot Camps meet at Harveston Sports Park. Private sessions scheduled before and after small groups and boot camp (Call for pricing and to schedule).</p>						