

2023

November



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7 6p Group Hitting	8 6:30p Sass	9 6p Group Hitting	10 5-6:30 AS SOCCER 6:30p Warriors	11
12	13 4-7 AS SOCCER	14 6p Group Hitting	15 4-7 AS SOCCER 5:30p Sports Performance	16 6p Group Hitting	17	18 7:30a-11a AS SOCCER
19 7:30a-11a AS SOCCER	20 3:30-8:30 AS SOCCER	21 6p Group Hitting	22 2:30-9 AS SOCCER	23	24	25 7:30a-12:30p AS SOCCER
26 7:30a-2p AS SOCCER	27 4:30-8 AS SOCCER	28 6p Group Hitting	29 4:30-8 AS SOCCER 5:30p Sports Performance	30 6p Group Hitting		

PERSONAL TRAINING AND WELLNESS