

~ November 2013 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<b>1</b> 2 hours- Practice 1 hour- lifting	<b>2</b> 1 hour-practice 2 hours-game
<b>3</b> 2 hours-practice	<b>4</b> 2 hours-practice 1 hour-lifting	<b>5</b> 1 hour-practice 2 hours-game	<b>6</b>	<b>7</b> 2 hours-practice	<b>8</b> 2 hours-practice 1 hour-lifting	<b>9</b> 2 hours-game
<b>10</b>	<b>11</b> 2 hours-practice 1 hour-lifting	<b>12</b> 2 hours-practice	<b>13</b> 1 hour- practice 2 hours-game	<b>14</b> 2 hours-practice	<b>15</b> 2 hours-practice 1 hour-lifting	<b>16</b> 1 hour-practice 2 hours-game
<b>17</b>	<b>18</b> 2 hours-practice 1 hour-lifting	<b>19</b> 2 hours-practice	<b>20</b> 2 hours-practice 1 hour-lifting	<b>21</b> 2 hours-practice	<b>22</b> 2 hours- practice 1 hour-lifting	<b>23</b> 1 hour-practice 2 hours-game
<b>24</b> 2 hours- practice	<b>25</b>	<b>26</b> 1 hours-practice 2 hours-game	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b> 2hours- practice

**Total Hours: 87 hours**