

~ October 2013 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 30 mins- Conditioning 1 hour- Individuals	2 30 mins- Conditioning 1 hour- Lifting	3 30 mins- Conditioning 30 mins- Individuals 1 hour- Open Gym	4 30 mins- Conditioning 1 hour- Lifting	5
6	7 30 mins- Conditioning 1 hour- Individuals 1 hour- Lifting	8 30 mins- Conditioning	9 30 mins- Conditioning 1 hour- Lifting	10 30 mins- Conditioning 1 hour- Individual	11 30 mins- Conditioning	12
13	14 2 hours- Individual 2 hours- Community Service 1 hour- Lifting	15 4 hours- Practice	16 2 hours- Practice 1 hour- Lifting	17 2 hours- Practice	18 2 hours- Practice 1 hour- Lifting	19 1.5 hours- Practice
20 2 hours- Practice 1 hour- Lifting	21	22 2 hours- Practice 1.5 hours- Dragon Madness	23 1 hour- Lifting 2 hours- Practice	24 2 hours- Practice	25	26 2 hours- Practice 4 hours- Lock In
27 2 hours- Practice 1 hour- Lifting	28 2 hours- Practice	29 1 hour- Lifting 2 hours- Practice	30	31 2 hours- Practice	Total Hours: 59 Hours	

More Calendars from WinCalendar: [Nov 2013](#), [Dec 2013](#), [Jan 2014](#)

Created with [WinCalendar Calendar Creator](#).

- ▶ For more layouts (60+), colors, options & for calendars with holidays download WinCalendar Calendar Maker.
- ▶ You can also import Google Calendar, Yahoo Calendar & Outlook data onto created calendars.