

# October 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	1 HF League	2	3 Open Gym 7	4 Weights 330	5	6
7	8 Jr Bolt tryouts	9	10 Conditioning Fresh/soph conditioning	11 Open Gym 7 Conditioning	12	13
14	15 HF League 7pm Fresh/soph conditioning	16 Weights 330 Conditioning Jr. Bolt Practice	17 Conditioning Fresh/soph conditioning	18 Open Gym 7	19 Conditioning	20
21	22 Open Gym 7 Conditioning	23 Weights 330 Conditioning Fresh/soph conditioning Jr. Bolt Practice	24 HF League 7pm	25 Conditioning Fresh/soph conditioning Jr. Bolt Practice	26	27
28	29 8th grade open house Fresh/soph conditioning Open Gym	30 Weights 330 Conditioning Jr. Bolt Practice	31	1 Open Gym 7	Conditioning	