

October 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	1	2 @ KM Weight Room 1:50 to 2:50	3	4 @ LVRC w/Kyla 1:50 to 2:50	5
Week 2	8	9	10 @ KM Weight Room 1:50 to 2:50	11	12 @ Argyle –meet in Fitness Centre
Week 1	15	16 @ KM Weight Room 1:50 to 2:50	17	18 @ LVRC Yoga w/Annie 1:50 to 2:50	19
Week 2	22 @ LVRC Zumba w/Tiffany 1:50 to 2:50	23	24 @ KM Weight Room 1:50 to 2:50	25	26 @ Argyle – meet in Fitness Centre
Week 1	29	30 @ KM Weight Room 1:50 to 2:50	31		