

September 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Notes:				1	2	3
4	5 Labor Day - Gym Closed	6 Gym Closed	7 Gym Closed	8 Gym Closed	9 Gym Closed	10
11 Crush 12-2 Rampage 1-3:30 Riptide 2-4:30 Force 3:30-6 Fury 4:30-7	12 Fire 6:30-9	13 Flickers 5:30-6:30 Crush 6-8 Force 6:30-9	14 Fury 6:30-9	15 Riptide 6-8:30 Rampage 6:30-9	16	17
18 Crush 12-2 Rampage 1-3:30 Riptide 2-4:30 Force 3:30-6 Fury 4:30-7	19 Fire 6:30-9	20 Flickers 5:30-6:30 Crush 6-8 Force 6:30-9	21 Fury 6:30-9	22 Riptide 6-8:30 Rampage 6:30-9	23	24
25 Crush 12-2 Rampage 1-3:30 Riptide 2-4:30 Force 3:30-6 Fury 4:30-7	26 Fire 6:30-9	27 Flickers 5:30-6:30 Crush 6-8 Force 6:30-9	28 Fury 6:30-9	29 Riptide 6-8:30 Rampage 6:30-9	30	Notes: