

# September

2020

August						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

October						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	1	2	3	4	5
6	7	8	9	10	11	12
		Conditioning Group1: 3:30-4:30 Group2: 4:30-5:30		Conditioning Group1: 3:30-4:30 Group2: 4:30-5:30		
13	14	15	16	17	18	19
		Conditioning Group1: 3:30-4:30 Group2: 4:30-5:30	Zoom - Online Habitudes #1 2:00 - 3:00 pm	Conditioning Group1: 3:30-4:30 Group2: 4:30-5:30		
20	21	22	23	24	25	26
		Conditioning Group1: 3:30-4:30 Group2: 4:30-5:30	Zoom - Online Habitudes #2 2:00 - 3:00 pm	Conditioning Group1: 3:30-4:30 Group2: 4:30-5:30		
27	28	29	30	1	2	3
		Conditioning Group1: 3:30-4:30 Group2: 4:30-5:30	Zoom - Online Habitudes #3 2:00 - 3:00 pm			
4	5	6	7	8	9	10

# October

2020

September						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

November						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	1	2	3
				Conditioning/Hit Group1: 3:00-5:30 Group2: 3:00-5:30		
4	5	6	7	8	9	10
		Conditioning Group1: 3:30-4:30 Group2: 4:30-5:30	Zoom - Online Habitudes #4 2:00 - 3:00 pm	Conditioning/Hit Group1: 3:00-5:30 Group2: 3:00-5:30		
11	12	13	14	15	16	17
		Conditioning Group1: 3:30-4:30 Group2: 4:30-5:30	Zoom - Online Habitudes #5 2:00 - 3:00 pm	Conditioning/Hit Group1: 3:00-5:30 Group2: 3:00-5:30		
18	19	20	21	22	23	24
		Conditioning Group1: 3:30-4:30 Group2: 4:30-5:30	Zoom - Online Habitudes #6 2:00 - 3:00 pm	Conditioning/Hit Group1: 3:00-5:30 Group2: 3:00-5:30		
25	26	27	28	29	30	31
		Conditioning Group1: 3:30-4:30 Group2: 4:30-5:30	Zoom - Online Habitudes #7 2:00 - 3:00 pm	Conditioning/Hit Group1: 3:00-5:30 Group2: 3:00-5:30		
1	2	3	4	5	6	7

# November

2020

October						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

December						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
		Conditioning Group1: 3:30-4:30 Group2: 4:30-5:30	Zoom - Online Habitudes #8 2:00 - 3:00 pm	Conditioning/Hit Group1: 3:00-5:30 Group2: 3:00-5:30		
8	9	10	11	12	13	14
		Conditioning Group1: 3:30-4:30 Group2: 4:30-5:30	Zoom - Online Habitudes #9 2:00 - 3:00 pm	Conditioning/Hit Group1: 3:00-5:30 Group2: 3:00-5:30		
15	16	17	18	19	20	21
		Conditioning Group1: 3:30-4:30 Group2: 4:30-5:30	Zoom - Online Habitudes #10 2:00 - 3:00 pm	Conditioning/Hit Group1: 3:00-5:30 Group2: 3:00-5:30		
22	23	24	25	26	27	28
	OFF	OFF	OFF	Thanksgiving	Off	
29	30	1	2	3	4	5
6	7	8	9	10	11	12

# December

2020

November						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

January						
S	M	T	W	T	F	S
						1 2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	1	2	3	4	5
		Conditioning Group1: 3:30-4:30 Group2: 4:30-5:30	Zoom - Online Habitudes #11 2:00 - 3:00 pm	Conditioning/Hit Group1: 3:00-5:30 Group2: 3:00-5:30		
6	7	8	9	10	11	12
		Conditioning Group1: 3:30-4:30 Group2: 4:30-5:30	Zoom - Online Habitudes #12 2:00 - 3:00 pm	Conditioning/Hit Group1: 3:00-5:30 Group2: 3:00-5:30		
13	14	15	16	17	18	19
		Conditioning Group1: 3:30-4:30 Group2: 4:30-5:30	Zoom - Online Habitudes #13-END 2:00 - 3:00 pm	Conditioning/Hit Group1: 3:00-5:30 Group2: 3:00-5:30		
20	21	22	23	24	25	26
OFF	OFF	OFF	OFF	OFF	Christmas	
27	28	29	30	31	1	2
OFF	OFF	OFF	OFF	OFF	New Years	
3	4	5	6	7	8	9