




Sunday, NOVEMBER 10th – NO TRAINING
 Sunday, NOVEMBER 24th – NO Elite Speed Training
Thursday NOVEMBER 28th - CLOSED THANKSGIVING

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
November November 3 – 30	28 JR Speed/End 6:00PM H.S. Speed/End 7:00PM	29 K.O. Endurance 5:30AM Wrestling + Endurance 7:00PM	30 JR Speed/End 6:00PM H.S. Speed/End 7:00PM	31 K.O. Endurance 5:30AM Wrestling + Endurance 7:00PM	November	2
3 H.S. Speed/End 12:00PM HS. Open Mat 1:30PM	4 JR Speed/End 6:00PM H.S. Speed/End 7:00PM	5 K.O. Endurance 5:30AM CLUB Wrestling 7:00PM	6 JR Speed/End 6:00PM H.S. Speed/End 7:00PM	7 K.O. Endurance 5:30AM CLUB Wrestling 7:00PM	8	9
10 NO TRAINING	11 JR Speed/End 6:00PM H.S. Speed/End 7:00PM	12 K.O. Endurance 5:30AM CLUB Wrestling 7:00PM	13 JR Speed/End 6:00PM H.S. Speed/End 7:00PM	14 K.O. Endurance 5:30AM CLUB Wrestling 7:00PM	15	16
17 H.S. Speed/End 12:00PM HS. Open Mat 1:30PM	18 JR Speed/End 6:00PM H.S. Speed/End 7:00PM	19 K.O. Endurance 5:30AM CLUB Wrestling 7:00PM	20 JR Speed/End 6:00PM H.S. Speed/End 7:00PM	21 K.O. Endurance 5:30AM CLUB Wrestling 7:00PM	22	23
24 NO TRAINING	25 JR Speed/End 6:00PM H.S. Speed/End 7:00PM	26 K.O. Endurance 5:30AM CLUB Wrestling 7:00PM	27 JR Speed/End 6:00PM H.S. Speed/End 7:00PM	28  GYM CLOSED	29	30

SPEED/ENDURANCE

8-12yrs - Mon/Wed 6:00pm
 13-18yrs – Mon/Wed 7:00pm ; Sun 12:00pm

WRESTLING/ENDURANCE

8-18yrs – Tues/Thurs 7:00pm

ADULT (K.O. Endurance)

18yrs & Up – Tues/Thurs 5:30am