	Class (Age on Jan Mon	Tue	Wed	Thu	Fri	Sat	Sun
Oct-30	4:30-6:00pm	Tue	4:30-6:00pm	IIIu	FII		
JC1-30	Fitness & Run	Halloween	Fitness & Run			9:00-10:30am Run	6:00-7:30PM Swim Uof0
Nov-06	4:30-6:00pm		4:30-6:00pm				
	Fitness & Run		Fitness & Run			9:00-10:30am Run	6:00-7:30PM Swim Uof0
Nov-13	4:30-6:00pm		4:30-6:00pm			9:00-10:30am Run	6:00-7:30PM Swim Uof0
	Fitness & Run		Fitness & Run			3.00-10.30aiii kuii	0.00-7.30FW 3WIII 00K
Nov-20 Nov-27	4:30-6:00pm		4:30-6:00pm		5-7pm TEAM MEAL	9:00-10:30am Run	6:00-7:30PM Swim Uof0
	Fitness & Run		Fitness & Run		(Canoe-Women cook)		
	4:30-6:00pm		4:30-6:00pm			9:00-10:30am Run	6:00-7:30PM Swim Uof0
Dec-04	Fitness & Run 4:30-6:00pm		Fitness & Run 4:30-6:00pm				
DEC-04	Fitness & Run		Fitness & Run			9:00-10:30am Run	6:00-7:30PM Swim Uof0
Dec-11	Trancis & rian		Titless & Rain			9am Run & Yoga	
	4:30-6:00pm		4:30-6:00pm			5-6pm Team Meal	
	Fitness & Run		Fitness & Run			(K-WOMEN COOK)	No Pool
						6pm CCC CHRISTMAS	
Dec-18				Club Holiday			
Dec-25	SANTA COMES	•					NEW YEAR EVE
Jan-01	NEW YEARS DAY	4:30-6:00am Run	4:30-6:00pm			9:00-10;30 Run/Ergo	No Pool
		(optional)	Strength			3.00-10,30 kull/Elgo No Pool	
Jan-08	4:30-6:00pm	4:30-6:00am Run	4:30-6:00pm			0.00 10.20 D.	C-00 7-200M Ci H-f0
	Fitness & Run	(optional)	Strength			9:00-10:30am Run	6:00-7:30PM Swim Uof0
Jan-15	4:30-6:00pm	4:30-6:00am Run	4:30-6:00pm				
	Fitness & Run	(optional)	Strength			9:00-10:30am Run	6:00-7:30PM Swim Uof0
Jan-22	4:30-6:00pm	4:30-6:00am Run	4:30-6:00pm		5-7pm TEAM MEAL		
	Fitness & Run	(optional)	Strength		(CANOE MEN COOK)	9:00-10:30am Run	6:00-7:30PM Swim Uof0
Jan-29	4:30-6:00pm	4:30-6:00am Run	4:30-6:00pm				
	Fitness & Run	(optional)	Strength			9:00-10;30 Run/Ergo	No Pool
Feb-05	4:30-6:00pm	4:30-6:00am Run	4:30-6:00pm				
	Fitness & Run	(optional)	Strength			9:00-10:30am Run	6:00-7:30PM Swim Uof0
Feb-12	4:30-6:00pm	4:30-6:00am Run	4:30-6:00pm				
	Fitness & Run	(optional)	Strength			9:00-10:30am Run	6:00-7:30PM Swim Uof0
Feb-19	Trancis a ran	4:30-6:00am Run	4:30-6:00pm				
	FAMILY DAY	(optional)	Strength			9:00-10:30am Run	6:00-7:30PM Swim Uof0
Feb-26	4.20.6.00	4:30-6:00am Run			5-7pm TEAM MEAL		
	4:30-6:00pm Fitness & Run	(optional)	4:30-6:00pm		(K-MEN COOK)	9:00-10:30am Run	6:00-7:30PM Swim Uof0
Na= 04		,	Strength		(K INER COOK)		
Mar-04	4:30-6:00pm	4:30-6:00am Run	4:30-6:00pm			9:00-10:30am Run	6:00-7:30PM Swim Uof0
	Fitness & Run	(optional)	Strength				
Mar-11		CLUB SPRING BREAK					6:00-7:30PM Swim Uof0
Mar-18	4:30-6:00pm	4:30-6:00am Run	4:30-6:00pm			9:00-10:30am Run	6:00-7:30PM Swim Uof0
na 25	Fitness & Run	(optional)	Strength				
Mar-25	4:30-6:00pm	4:30-6:00am Run	4:30-6:00pm			9:00-10:30am Run	
	Fitness & Run	(optional)	Strength				
Apr-01	4:30-6:00pm		4:30-6:00pm		GOOD FRIDAY	9:00-10;30 Run/Ergo	
Apr-08	Fitness & Run		Strength				
	EASTER MONDAY		4:30-6:00pm Strength		4:30-6:00pm Ergo	9:00-10:30am Run	
Apr-15	4:30-6:00pm		4:30-6:00pm				
	Fitness & Run		Strength		4:30-6:00pm Ergo	9:00-10:30am Run	
Apr-22					5-7pm TEAM MEAL		
	4:30-6:00pm		4:30-6:00pm		(CANOE WOMEN COOK)	9:00-10;30 Run/Ergo	
	Fitness & Run	1	Strength	1			i