

# October 2017

October 2017							November 2017						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7				1	2	3	4
8	9	10	11	12	13	14	5	6	7	8	9	10	11
15	16	17	18	19	20	21	12	13	14	15	16	17	18
22	23	24	25	26	27	28	19	20	21	22	23	24	25
29	30	31					26	27	28	29	30		

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Oct 1 - 7	<b>Oct 1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
		9:30am TWINGES (Sf) 5:15pm Aqua Circuit 6:15pm Aqua Circuit	5:00pm SWIMMING L	9:30am TWINGES (Sf) 5:15pm Aqua Circuit 6:15pm Aqua Circuit	5:00pm SWIMMING L	9:30am TWINGES (Sf)	9:00am SWIMMING L
Oct 8 - 14	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
		9:30am TWINGES (Sf) 5:15pm Aqua Circuit 6:15pm Aqua Circuit	5:00pm SWIMMING L	9:30am TWINGES (Sf) 5:15pm Aqua Circuit 6:15pm Aqua Circuit	5:00pm SWIMMING L	9:30am TWINGES (Sf)	9:00am SWIMMING L
Oct 15 - 21	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
		9:30am TWINGES (Sf) 5:15pm Aqua Circuit 6:15pm Aqua Circuit	5:00pm SWIMMING L	9:30am TWINGES (Sf) 5:15pm Aqua Circuit 6:15pm Aqua Circuit	5:00pm SWIMMING L	9:30am TWINGES (Sf)	9:00am SWIMMING L
Oct 22 - 28	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
		9:30am TWINGES (Sf)	5:00pm SWIMMING L	9:30am TWINGES (Sf)	5:00pm SWIMMING L	9:30am TWINGES (Sf)	9:00am SWIMMING L
Oct 29 - Nov 4	<b>29</b>	<b>30</b>	<b>31</b>	<b>Nov 1</b>	<b>2</b>	<b>3</b>	<b>4</b>
		9:30am TWINGES (Sf) 5:30pm Health Switch	5:00pm SWIMMING L				