OCTOBER/NOVEMBER 2010

																			23			24	
																			Saturday			Sunday	
SPEED																							
CAPS																							
PASS																							
	25				26			27				28				29			30			31	
	Monday				Tuesday			Wednesday				Thursday				Friday			Saturday			Sunday	
	5PM-6PM	6PM-7PM	7PM-8PM	8PM-9PM	5PM-6PM	6PM-7PM	7PM-8PM	5PM-6PM	6PM-7PM	7PM-8PM	8PM-9PM	5PM-6PM	6PM-7PM	7PM-8PM	8PM-9PM	5PM-6PM	6PM-7PM	7PM-8PM	8PM-9PM	11am-12PM	12PM-1PM	10am-11am	11am-12PM	12PM-1PM
SPEED	EMILY	EMILY	EMILY		EMILY		EMILY	EMILY	EMILY	EMILY		ROXXIE		ROXXIE		EMILY		EMILY						
CAPS	ROXXIE	ROXXIE	ROXXIE			EMILY		ROXXIE	ROXXIE	ROXXIE			ROXXIE		ROXXIE		EMILY							
PASS	JOSH	JOSH	JOSH		JOSH	JOSH	JOSH	JOSH	JOSH	JOSH		JOSH	JOSH											
	1				2			3				4				5			6			7	
	Monday				Tuesday			Wednesday				Thursday				Friday			Saturday			Sunday	
	5PM-6PM	6PM-7PM	7PM-8PM	8PM-9PM	5PM-6PM	6PM-7PM	7PM-8PM	5PM-6PM	6PM-7PM	7PM-8PM	8PM-9PM	5PM-6PM	6PM-7PM	7PM-8PM	8PM-9PM	5PM-6PM	6PM-7PM	7PM-8PM	10am-11am	11am-12PM	12PM-1PM	10am-11am	11am-12PM	12PM-1PM
SPEED	EMILY	EMILY	EMILY		EMILY		EMILY	TEAM TRAINING				EMILY	EMILY	EMILY	EMILY	ROXXIE	ROXXIE	ROXXIE						
CAPS	ROXXIE	ROXXIE	ROXXIE	ROXXIE		EMILY						ROXXIE	ROXXIE	EMILY		EMILY	EMILY	EMILY						
PASS	JOSH	JOSH	JOSH		JOSH	JOSH	JOSH					JOSH	JOSH											
	8				9			10				11				12			13			14	
	Monday				Tuesday			Wednesday				Thursday				Friday			Saturday			Sunday	
	5PM-6PM	6PM-7PM	7PM-8PM	8PM-9PM	5PM-6PM	6PM-7PM	7PM-8PM	5PM-6PM	6PM-7PM	7PM-8PM	8PM-9PM	5PM-6PM	6PM-7PM	7PM-8PM	8PM-9PM	5PM-6PM	6PM-7PM	7PM-8PM	10am-11am	11am-12PM	12PM-1PM	10am-11am	11am-12PM	12PM-1PM
SPEED	ROXXIE	ROXXIE	ROXXIE		EMILY		EMILY	TEAM TRAINING				ROXXIE	ROXXIE	ROXXIE		EMILY	EMILY	EMILY						
CAPS	EMILY	EMILY	EMILY	EMILY		EMILY						EMILY	EMILY		ROXXIE	ROXXIE	ROXXIE	ROXXIE						
PASS	JOSH	JOSH	JOSH		JOSH	JOSH	JOSH									JOSH	JOSH	JOSH						
	15				16			17				18				19			20			21	
	Monday				Tuesday			Wednesday				Thursday				Friday			Saturday			Sunday	
	5PM-6PM	6PM-7PM	7PM-8PM	8PM-9PM	5PM-6PM	6PM-7PM	7PM-8PM	5PM-6PM	6PM-7PM	7PM-8PM	8PM-9PM	5PM-6PM	6PM-7PM	7PM-8PM	8PM-9PM	5PM-6PM	6PM-7PM	7PM-8PM	10am-11am	11am-12PM	12PM-1PM	10am-11am	11am-12PM	12PM-1PM
SPEED	ROXXIE		ROXXIE					ROXXIE		ROXXIE		ROXXIE		ROXXIE		ROXXIE		ROXXIE						
CAPS		ROXXIE		ROXXIE					ROXXIE		ROXXIE		ROXXIE		ROXXIE		ROXXIE							
PASS	JOSH	JOSH	JOSH		JOSH	JOSH	JOSH	JOSH	JOSH	JOSH						JOSH	JOSH	JOSH						