

November 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 ENDURANCE Shannon 2:30PM	2 INTERVAL Alphie 11AM Jeff 5:30PM	3 STRENGTH Alphie 7AM Carol 12PM Nancy 5PM	4 ENDURANCE Becky 8AM Nancy 5:30PM	5 INTERVAL Susan 11AM Jeff 5:30PM	6 STRENGTH April 10AM	7 ENDURANCE Nancy 9AM
8 INTERVAL Shannon 2:30PM	9 STRENGTH <i>Intro w/Alphie 10:30AM</i> Alphie 11AM Jeff 5:30PM	10 ENDURANCE Alphie 7AM Carol 12PM Nancy 5PM	11 INTERVAL Becky 8AM Nancy 5:30PM	12 STRENGTH Susan 11AM Jeff 5:30PM	13 ENDURANCE April 10AM	14 INTERVAL Nancy 9AM
15 STRENGTH Shannon 2:30PM	16 ENDURANCE Alphie 11AM Jeff 5:30PM	17 INTERVAL Alphie 7AM <i>Intro w/Carol 11:30AM</i> Carol 12PM Nancy 5PM	18 STRENGTH Becky 8AM Nancy 5:30PM	19 ENDURANCE Susan 11AM Jeff 5:30PM	20 INTERVAL April 10AM	21 STRENGTH Nancy 9AM
22 ENDURANCE Shannon 2:30PM	23 INTERVAL Alphie 11AM Jeff 5:30PM	24 STRENGTH Alphie 7AM Carol 12PM Nancy 5PM	25 ENDURANCE Becky 8AM Nancy 5:30PM	26 CLOSED <i>HAPPY THANKSGIVING!</i>	27 RACE DAY April 10AM	28 INTERVAL Nancy 9AM
39 STRENGTH Shannon 2:30PM	30 RACE DAY Alphie 11AM Jeff 5:30PM					