

# September 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Practice 1:45-3pm	4 Lift 1:45-3pm	5 Practice 1:45-3pm	6 Lift 1:45-3pm	7
8	9 Lift 1:45-3pm	10 Practice 1:45-3pm	11 Practice 1:45-3pm	12 Practice 1:45-3pm	13 Lift 1:45-3pm	14
15	16 Lift 1:45-3pm	17 Practice 1:45-3pm	18 Lift 1:45-3pm	19 Practice 1:45-3pm	20 Lift 1:45-3pm	21
22	23 Lift 1:45-3pm	24 Practice 1:45-3pm	25 Lift 1:45-3pm	26 Practice 1:45-3pm	27 Lift 1:45-3pm	28

29	30 Lift 1:45-3pm					
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