

# October 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Practice 1:45-3pm	2 Lift 1:45-3pm	3 Practice 1:45-3pm	4 Lift 1:45-3pm	5
6	7 Lift 1:45-3pm	8 Practice 1:45-3pm	9 Lift 1:45-3pm	10 Practice 1:45-3pm	11 Lift 1:45-3pm	12
13	14 Lift 1:45-3pm	15 Practice 1:45-3pm	16 Lift 1:45-3pm	17 Practice 1:45-3pm	18 Lift 1:45-3pm	19
20	21 Lift 1:45-3pm	22 Practice 1:45-3pm	23 Lift 1:45-3pm	24 Practice 1:45-3pm	25 Lift 1:45-3pm	26
27 Halloween Bash USA Wrestling @ Brea	28 Lift 1:45-3pm	29 Practice 1:45-3pm	30 Lift 1:45-3pm	31 Practice 1:45-3pm		