



SEPTEMBER 2019

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

01 02 03 04 05 06 07

Labor Day

Folkstyle
K-8--6:00-8:00pm
HS--6:45-8:00pm

WMFS
6:30-8:00pm

08 09 10 11 12 13 14

Folkstyle
K-8--9:00-11:00am
HS--9:45-11:00am
WMFS/Greco
11:00am-12:30pm

Folkstyle
K-8--6:00-8:00pm
HS--6:45-8:00pm

next-x
5:30-6:30pm
WMFS
6:30-8:00pm

15 16 17 18 19 20 21

Folkstyle
K-8--6:00-8:00pm
HS--6:45-8:00pm

Folkstyle
K-8--6:00-8:00pm
HS--6:45-8:00pm

next-x
5:30-6:30pm
WMFS
6:30-8:00pm

Pelot Trained
Spiral Half
Series Camp
10:00am-2:00pm
\$25

22 23 24 25 26 27 28

Folkstyle
K-8-4:30pm-6:30pm
HS--5:15-6:30pm
WMFS
6:30-8:00pm

Folkstyle
K-8--6:00-8:00pm
HS--6:45-8:00pm

Folkstyle
K-8--6:00-8:00pm
HS--6:45-8:00pm

next-x
5:30-6:30pm
WMFS
6:30-8:00pm

29 30

Folkstyle
K-8--9:00-11:00am
HS--9:45-11:00am
WMFS/Greco
11:00am-12:30pm

Folkstyle
K-8--6:00-8:00pm
HS--6:45-8:00pm

*WMFS=
Girls/Womens
Freestyle

*Greco=
Boys/Men
Greco

**All K-8
practices will
consist of
teaching
Technique/Drilling
/LIVE

**All High School
practices will be
mostly LIVE with
drilling &
technique as
needed

****BE SURE TO WATCH WHEN TO ORDER YOUR 2019-2020 X-FACTOR ELITE APPAREL & GEAR****

1-on-1's available by appointment with both Coaches Scott Pelot & Ty Pelot