

## MAG WEEKLY TRAINING SCHEDULE - October 6 - October 12

SUNDAY 6	MONDAY 7	TUESDAY 8	WEDNESDAY 9	THURSDAY 10	FRIDAY 11	SAT 12
	<p><b>MAG 16hr - Keenan</b> 3:00pm - 7:00pm</p> <p><b>MAG 16hr - Martin</b> 4:00pm - 8:00pm</p>	<p><b>MAG 16hr - Keenan</b> 12:00pm - 4:00pm</p> <p><b>MAG 16hr - Martin</b> 12:00pm - 4:00pm</p> <p><b>MAG 12hr - Keenan</b> 4:00pm - 7:00pm</p> <p><b>MAG 12hr - Martin</b> 4:00pm - 8:00pm</p>	<p><b>MAG 12hr - Keenan</b> 4:00pm - 7:00pm</p> <p><b>MAG 12hr - Martin</b> 4:00pm - 8:00pm</p>	<p><b>MAG 4hr - Denise</b> 4:30pm - 6:30pm</p> <p><b>MAG 16hr - Keenan</b> 4:00pm - 8:00pm</p> <p><b>MAG 16hr - Martin</b> 4:00pm - 8:00pm</p>	<p><b>MAG 12hr - Keenan</b> 12:00pm - 3:00pm</p> <p><b>MAG 12hr - Martin</b> 12:00pm - 4:00pm</p> <p><b>MAG 16hr - Martin</b> 3:30pm - 7:30pm</p>	<p><b>MAG 12hr - Keenan</b> 9:00am - 12:00pm</p> <p><b>MAG 16hr - Keenan</b> 12:30pm - 4:30pm</p> <p><b>MAG 4hr - Denise</b> 12:30pm - 2:30pm</p>

## MAG WEEKLY TRAINING SCHEDULE - October 6 - October 19

SUNDAY 13	MONDAY 14	TUESDAY 15	WEDNESDAY 16	THURSDAY 17	FRIDAY 18	SAT 19
	<p><b>NO TRAINING</b></p> <p><b>Happy thanksgiving!</b></p>	<p><b>MAG 16hr - Keenan</b> 12:00pm - 4:00pm</p> <p><b>MAG 16hr - Martin</b> 12:00pm - 4:00pm</p> <p><b>MAG 12hr - Keenan</b> 4:00pm - 7:00pm</p> <p><b>MAG 12hr - Martin</b> 4:00pm - 8:00pm</p>	<p><b>MAG 12hr - Keenan</b> 4:00pm - 7:00pm</p> <p><b>MAG 12hr - Martin</b> 4:00pm - 8:00pm</p>	<p><b>MAG 4hr - Denise</b> 4:30pm - 6:30pm</p> <p><b>MAG 16hr - Keenan</b> 4:00pm - 8:00pm</p> <p><b>MAG 16hr - Martin</b> 4:00pm - 8:00pm</p>	<p><b>MAG 12hr - Keenan</b> 12:00pm - 3:00pm</p> <p><b>MAG 12hr - Martin</b> 12:00pm - 4:00pm</p> <p><b>MAG 16hr - Martin</b> 3:30pm - 7:30pm</p>	<p><b>MAG 12hr - Keenan</b> 9:00am - 12:00pm</p> <p><b>MAG 16hr - Keenan</b> 12:30pm - 4:30pm</p> <p><b>MAG 4hr - Denise</b> 12:30pm - 2:30pm</p>

## MAG WEEKLY TRAINING SCHEDULE - October 20 - October 26

20 SUNDAY	21 MONDAY	22 TUESDAY	23 WEDNESDAY	24 THURSDAY	25 FRIDAY	26 SAT
	<p><b>MAG 16hr - Keenan</b> 3:00pm - 7:00pm</p> <p><b>MAG 16hr - Martin</b> 4:00pm - 8:00pm</p>	<p><b>MAG 16hr - Keenan</b> 12:00pm - 4:00pm</p> <p><b>MAG 16hr - Martin</b> 12:00pm - 4:00pm</p> <p><b>MAG 12hr - Keenan</b> 4:00pm - 7:00pm</p> <p><b>MAG 12hr - Martin</b> 4:00pm - 8:00pm</p>	<p><b>MAG 12hr - Keenan</b> 4:00pm - 7:00pm</p> <p><b>MAG 12hr - Martin</b> 4:00pm - 8:00pm</p>	<p><b>MAG 4hr - Denise</b> 4:30pm - 6:30pm</p> <p><b>MAG 16hr - Keenan</b> 4:00pm - 8:00pm</p> <p><b>MAG 16hr - Martin</b> 4:00pm - 8:00pm</p>	<p><b>MAG 12hr - Keenan</b> 12:00pm - 3:00pm</p> <p><b>MAG 12hr - Martin</b> 12:00pm - 4:00pm</p> <p><b>MAG 16hr - Martin</b> 3:30pm - 7:30pm</p>	<p><b>MAG 12hr - Keenan</b> 9:00am - 12:00pm</p> <p><b>MAG 16hr - Keenan</b> 12:30pm - 4:30pm</p> <p><b>MAG 4hr - Denise</b> 12:30pm - 2:30pm</p>

## MAG WEEKLY TRAINING SCHEDULE - October 26 - November 2

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
27	28	29	30	31	1	2
	<p><b>MAG 16hr - Keenan</b> 3:00pm - 7:00pm</p> <p><b>MAG 16hr - Martin</b> 4:00pm - 8:00pm</p>	<p><b>MAG 16hr - Keenan</b> 12:00pm - 4:00pm</p> <p><b>MAG 16hr - Martin</b> 12:00pm - 4:00pm</p> <p><b>MAG 12hr - Keenan</b> 4:00pm - 7:00pm</p> <p><b>MAG 12hr - Martin</b> 4:00pm - 8:00pm</p>	<p><b>MAG 12hr - Keenan</b> 4:00pm - 7:00pm</p> <p><b>MAG 12hr - Martin</b> 4:00pm - 8:00pm</p>	<p><b>NO TRAINING</b></p> <p><b>Happy Halloween!</b></p> <p><b>Office and gym closed at 4pm</b></p>	<p><b>MAG 12hr - Keenan</b> 12:00pm - 3:00pm</p> <p><b>MAG 12hr - Martin</b> 12:00pm - 4:00pm</p> <p><b>MAG 16hr - Martin</b> 3:30pm - 7:30pm</p>	<p><b>MAG 12hr - Keenan</b> 9:00am - 12:00pm</p> <p><b>MAG 16hr - Keenan</b> 12:30pm - 4:30pm</p> <p><b>MAG 4hr - Denise</b> 12:30pm - 2:30pm</p>