








**8 Week WINTER Program Starts December 2nd**

**GYM WILL BE CLOSED** - December 24 - 26 - Christmas Eve/Day  
December 31/ January 1<sup>st</sup> – New Year’s Eve/Day

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>December</b> December 1 – 30	2 <b>8 Week Winter Program</b>  JR Speed/End 6:00PM <b>H.S. Speed/End</b> 7:00PM	3 K.O. Endurance 5:30AM  Wrestling + Endurance 7:00PM	4  JR Speed/End 6:00PM <b>H.S. Speed/End</b> 7:00PM	5 K.O. Endurance 5:30AM  Wrestling + Endurance 7:00PM	6	7
8  <b>HS. Open Mat</b> 1:30PM	9  JR Speed/End 6:00PM <b>H.S. Speed/End</b> 7:00PM	10 K.O. Endurance 5:30AM  <b>CLUB Wrestling</b> 7:00PM	11  JR Speed/End 6:00PM <b>H.S. Speed/End</b> 7:00PM	12 K.O. Endurance 5:30AM  <b>CLUB Wrestling</b> 7:00PM	13	14
15  <b>HS. Open Mat</b> 1:30PM	16  JR Speed/End 6:00PM <b>H.S. Speed/End</b> 7:00PM	17 K.O. Endurance 5:30AM  <b>CLUB Wrestling</b> 7:00PM	18  JR Speed/End 6:00PM <b>H.S. Speed/End</b> 7:00PM	19 K.O. Endurance 5:30AM  <b>CLUB Wrestling</b> 7:00PM	20	21
22  <b>HS. Open Mat</b> 1:30PM	23  JR Speed/End 6:00PM <b>H.S. Speed/End</b> 7:00PM	24  <b>CLOSED</b>	25  <b>CLOSED</b>	26  <b>CLOSED</b>	27	28
29  <b>HS. Open Mat</b> 1:30PM TBD	30  JR Speed/End 6:00PM <b>H.S. Speed/End</b> 7:00PM	31  <b>CLOSED</b>	January  <b>CLOSED</b>	2 K.O. Endurance 5:30AM  <b>CLUB Wrestling</b> 7:00PM	3	4

**SPEED/ENDURANCE**

8-12yrs - Mon/Wed 6:00pm  
13-18yrs – Mon/Wed 7:00pm

**Club WRESTLING/Open Mat**

8-18yrs – Tues/Thurs 7:00pm  
H.S Open Mat – Sunday 1:30pm

**ADULT (K.O. Endurance)**

18yrs & Up – Tues/Thurs 5:30am