



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
October October 3 – 30	30 JR Speed/End 6:00PM H.S. Speed/End 7:00PM	1 ADULT K.O. Endurance 5:30AM Wrestling + Endurance 7:00PM	2 JR Speed/End 6:00PM H.S. Speed/End 7:00PM	3 ADULT K.O. Endurance 5:30AM Wrestling + Endurance 7:00PM	4	5
6 H.S. Speed/End 12:00PM	7 JR Speed/End 6:00PM H.S. Speed/End 7:00PM	8 ADULT K.O. Endurance 5:30AM CLUB Wrestling 7:00PM	9 JR Speed/End 6:00PM H.S. Speed/End 7:00PM	10 ADULT K.O. Endurance 5:30AM CLUB Wrestling 7:00PM	11	12
13 H.S. Speed/End 12:00PM	14 JR Speed/End 6:00PM H.S. Speed/End 7:00PM	15 ADULT K.O. Endurance 5:30AM CLUB Wrestling 7:00PM	16 JR Speed/End 6:00PM H.S. Speed/End 7:00PM	17 ADULT K.O. Endurance 5:30AM CLUB Wrestling 7:00PM	18	19
20 H.S. Speed/End 12:00PM	21 JR Speed/End 6:00PM H.S. Speed/End 7:00PM	22 ADULT K.O. Endurance 5:30AM CLUB Wrestling 7:00PM	23 JR Speed/End 6:00PM H.S. Speed/End 7:00PM	24 ADULT K.O. Endurance 5:30AM CLUB Wrestling 7:00PM	25	26
27 H.S. Speed/End 12:00PM	28 JR Speed/End 6:00PM H.S. Speed/End 7:00PM	29 ADULT K.O. Endurance 5:30AM CLUB Wrestling 7:00PM	30 JR Speed/End 6:00PM H.S. Speed/End 7:00PM	31 ADULT K.O. Endurance 5:30AM No Wrestling Practice HALLOWEEN	<i>November</i>	2

SPEED/ENDURANCE

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

WRESTLING/ENDURANCE

8-18yrs – Tues/Thurs 7:00pm

ADULT (K.O. Endurance)

18yrs & Up – Tues/Thurs 5:30am