



November 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 RSB MoCo 1 – 4 Class 10:30 am – 11:30 am
3	4	5	6 RSB MoCo 3 & 4 Class 2:00 – 3:00 pm RSB MoCo 1 & 2 Class 4:30 – 5:30 pm	7	8	9 RSB MoCo 1 – 4 Class 10:30 am – 11:30 am
10	11	12	13 RSB MoCo 3 & 4 Class 2:00 – 3:00 pm RSB MoCo 1 & 2 Class 4:30 – 5:30 pm	14	15	16 RSB MoCo 1 – 4 Class 10:30 am – 11:30 am
17	18	19	20 RSB MoCo 3 & 4 Class 2:00 – 3:00 pm RSB MoCo 1 & 2 Class 4:30 – 5:30 pm	21	22	23 RSB MoCo 1 – 4 Class 10:30 am – 11:30 am
24	25 Holiday Workout RSB MoCo 3 & 4 Class 2:00 – 3:00 pm RSB MoCo 1 & 2 Class 6:00 – 7:00 pm	26	27 No Class	28	29	30 No Class