October 2026

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3 PD 1 - 4 Class 10:30 am – 11:45 am (F)
4	5	6 Seated Full Fitness 10:00 am – 10:45 am (O)	7 PD 1 – 4 Class 10:15 am – 11:45 am	8	9	10 No Class (Coaches' Day Off)
11	12	13 Seated Full Fitness 10:00 am – 10:45 am (O)	14 PD 3 – 4 Class 2:00 pm – 3:00 pm PD 1 – 2 Class 3:30 pm – 4:30 pm (F)	15	16	17 PD 1 - 4 Class 10:30 am – 11:45 am (F)
18	19	20 Seated Full Fitness 10:00 am – 10:45 am (O)	21 PD 3 – 4 Class 2:00 pm – 3:00 pm PD 1 – 2 Class 3:30 pm – 4:30 pm (F)	22	23	24 PD 1 - 4 Class 10:30 am – 11:45 am (F)
25	26	27 Seated Full Fitness 10:00 am – 10:45 am (O)	28 PD 3 – 4 Class 2:00 pm – 3:00 pm PD 1 – 2 Class 3:30 pm – 4:30 pm (F)	29	30	31 PD 1 - 4 Class 10:30 am – 11:45 am (F)

(F) – Boxing Gym (In-Person Only) (O) – Virtual Only