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| --- | --- | --- | --- | --- | --- | --- |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| 13 September | 14Johnson3:30-5:30p | 15Johnson1:30 – 2:30pZoom 7:30p | 16Dolson3:30 – 5:15p | 17Dolson 6-7:15aJohnson1:30 – 2:30p | 18Johnson 3-5p | 19ZoomFitness9-10 am |
| 20Dolson 6-7:15a | 21Johnson1:30-4:30p | 22Johnson1:30 – 2:30pZoom 7:30p | 23Dolson 3:30-4:30p | 24Dolson 6-7:15aJohnson1:30 – 2:30p | 25Johnson 1:30-4 p | 26ZoomFitness9-10 am |
| 27Dolson 6-7:15a | 28Johnson1:30-4:30p | 29Johnson1:30 – 2:30pZoom 7:30p | 30Dolson 3:30-4:30p | 1 OctoberDolson 6-7:15aJohnson1:30 – 2:30p | 2Johnson 1:30-4 p | 3ZoomFitness9-10 am |
| 4Dolson 6-7:15a | 5Johnson1:30-4:30p | 6Johnson1:30 – 2:30pZoom 7:30p | 7Dolson 3:30-4:30p | 8Dolson 6-7:15aJohnson1:30 – 2:30p | 9Johnson 1:30-4 p | 10OFF |
| 11OFF | 12OFF | 13Johnson1:30 – 2:30pZoom 7:30p | 14Dolson 3:30-4:30p | 15Dolson 6-7:15aJohnson1:30 – 2:30p | 16Johnson 1:30-4 p | 17ZoomFitness9-10 am |
| 18Dolson 6-7:15a | 19Johnson1:30-4:30p | 20Johnson1:30 – 2:30pZoom 7:30p | 21Dolson 3:30-4:30p | 22Dolson 6-7:15aJohnson1:30 – 2:30p | 23Johnson 1:30-4 p | 24ZoomFitness9-10 am |
| 25Dolson 6-7:15a | 26Johnson1:30-4:30p | 27Johnson1:30 – 2:30pZoom 7:30p | 28Dolson 3:30-4:30p | 29Dolson 6-7:15aJohnson1:30 – 2:30p | 30Johnson 1:30-4 p | 31ZoomFitness9-10 am |
| 1 NovemberDolson 6-7:15a | 2 Johnson1:30-4:30p | 3Johnson1:30 – 2:30pZoom 7:30p | 4Dolson 3:30-4:30p | 5Dolson 6-7:15aJohnson1:30 – 2:30p | 6Johnson 1:30-4 p | 7ZoomFitness9-10 am |

**Ron’s Group Practices: Sept. 14 – Nov. 7, 2020**