**November 2018**  [](https://www.clubassistant.com/club/meet_information.cfm?c=2235&smid=5890)

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| --- | --- | --- | --- | --- | --- | --- |
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|  |  |  |  | **1**  **PM: 7:00-8:00** | 2  **AM: 5:00-6:30** | 3 |
| 4 | 5  **AM: 5:00-6:30**  **PM: 7:00-8:00** | 6 | 7  **AM: 5:00-6:30**  **PM: 7:00-8:00** | 8  **PM: 7:00-8:00** | 9  **AM: 5:00-6:30** | 10 |
| 11 | 12  **AM: 5:00-6:30**  **PM: 7:00-8:00** | 13 | 14  **AM: 5:00-6:30**  **PM: 7:00-8:00** | 15  **PM: 7:00-8:00** | 16  **AM: 5:00-6:30** | 17 |
| 18 | 19  **AM: 5:00-6:30**  **PM: 7:00-8:00** | 20 | 21  **AM: 5:00-6:30**  **PM: 7:00-8:00** | 22  **NO PRACTICE** | 23  **NO PRACTICE** | 24 |
| 25 | 26  **AM: 5:00-6:30**  **PM: 7:00-8:00** | 27 | 28  **AM: 5:00-6:30**  **PM: 7:00-8:00** | 29  **PM: 7:00-8:00** | **30**  **AM: 5:00-6:30** |  |