**November 2018**  

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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** |  |