

NOVEMBER - 2017

BRAGG - MASP On-Site Coordinator:

Robyn Womac | 512-818-1528

Chris Uggiano | 910-709-6693

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			0600 Open Gym 0730 Spin 0900 Art 0900 Aquatics 1000 Lap Swim/Open Gym 1300 Strength Training 1300 Art 1300 Cycling	0730 TRX 1000 Air Gun 1000 Back Class 1100 Master Swim 1100 Guitar Lessons 1300 Archery, Walking	0900 Aquatics 1000 Lap Swim 1300 Strength Training	
5	6	7	8	9	10	11
	0900 Aquatics 1000 Lap Swim/Open Gym 1300 Strength Training 1300 Cycling	0730 Spin 1000 Aqua Spin 1000 Air Gun 1000 Back Class 1100 Master Swim 1300 Archery, Walking 1400 Money MNGT 1430 Nutrition	0800 HIIT 0900 Art 0900 Aquatics 1000 Lap Swim/Open Gym 1300 Strength Training 1300 Art 1300 Cycling	0730 TRX 1000 Air Gun 1000 Back Class 1100 Master Swim 1100 Guitar Lessons 1300 Archery, Walking	Veterans Day	
12	13	14	15	16	17	18
	DONSA	0730 Spin 1000 Aqua Spin 1000 Air Gun 1000 Back Class 1100 Master Swim 1200 Bible Study 1300 Archery, Walking 1400 Money MNGT	Warrior Care Month Yoga and Art in the Park	Warrior Care Month Wheelchair Bball Tourney	0900 Aquatics 1000 Lap Swim 1300 Strength Training	
19	20	21	22	23	24	25
	0900 Aquatics 1000 Lap Swim/Open Gym 1300 Strength Training PEDAL for PIE 30 mile & 60 mile	0730 Spin 1000 Aqua Spin 1000 Air Gun 1000 Back Class 1100 Master Swim 1300 Archery, Walking 1400 Money MNGT 1430 Nutrition	0800 HIIT 0900 Art 0900 Aquatics 1000 Lap Swim/Open Gym 1300 Strength Training 1300 Art 1300 Cycling	Thanksgiving	DONSA	
26	27	28	29	30		
	0900 Aquatics 1000 Lap Swim/Open Gym 1300 Strength Training	0730 Spin 1000 Aqua Spin 1000 Air Gun	0800 HIIT 0900 Art 0900 Aquatics	0730 TRX 1000 Air Gun 1000 Back Class		

	1300 Cycling	1000 Back Class	1000 Lap Swim/Open Gym	1100 Master Swim		
		1100 Master Swim	1300 Strength Training	1100 Guitar Lessons		
		1300 Archery, Walking	1300 Art	1300 Archery, Walking		
			1300 Mountain Biking			