

November, 2017

Site **Coordinator:**

Kahokunohaupuni Kama | 808-366-7062 | kkama@teksourceusa.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			0800-0900: XOver TRX 0900-1000: Seated Volleyball 1500-1600: Back Class 1500-1600: Field Events	0530-0800: Paddling 0700-0750: Spin Class 0800-0900: Agility/Core 1130-1230: Pool PT	0800-0900: Yoga	1000-1200: SMGA Clinic
5	6	7	8	9	10	11
	0800: Opening Ceremony 0930-1400: Swimming Competition	0530-0800: Paddling 0700-0750: Spin Class 0800-1600: Track and Field Competition 0800-0900: Yoga	0800-1500: Air Rifle/Pistol Competition	0530-0800: Paddling 0700-0750: Spin Class 0800-1500: Archery Competition	VETERANS DAY 0800-0900: Yoga 0800-1500: Cycling final Competition 1600: Closing Ceremony	1000-1200: SMGA Clinic
12	13	14	15	16	17	18
	ADONSA	0530-0800: Paddling 0700-0750: Spin Class 0800-0900: Circuit Training 1400-1500: Ukulele Class	0930-1300: Access Surf 0800-0900: XOver TRX 1500-1600: Back Class	0530-0800: Paddling 0700-0750: Spin Class 0800-0900: Agility/Core	0800-0900: Yoga 0930-1300: Koolina Hike	1000-1200: SMGA Clinic
19	20	21	22	23	24	25
	0800-0900: Yoga 0900-1000: Open Gym 1430-1530- Archery	0530-0800: Paddling 0700-0750: Spin Class 0800-0900: Circuit Training 1400-1500: Ukulele Class	0800-0900: XOver TRX 0900-1000: Wheelchair BBALL 1500-1600: Back Class	THANKSGIVING	ADONSA	
	26	27	28	29	30	
	0800-0900: Yoga 0900-1000: Open Gym 1130-1230: Pool PT	0530-0800: Paddling 0700-0750: Spin Class 0800-0900: Circuit Training 1400-1500: Ukulele Class	0800-0900: XOver TRX 0900-1000: Seated Volleyball 1500-1600: Back Class	0530-0800: Paddling 0700-0750: Spin Class 0800-0900: Agility/Core 1130-1230: Pool PT	0800-0900: Yoga	
