

November 2017

Site Coordinators:

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Sunday	Monday	Tuesday	Wednesday		Thursday		Friday		Saturday
			1	2	3	4	5	6	
			0800 TRX Iron Horse Gym	0800 Seated Volleyball Iron Horse Gym	0800 Standing Volleyball Iron Horse Gym			TBD ARP Sport Massage Colorado Springs School of Massage Therapy	
			0800 Walking Iron Horse Gym	0800 WC Basketball Iron Horse Gym	0800 Walking Iron Horse Gym				
			0600 WC Basketball Iron Horse Gym	0800 Walking Iron Horse Gym	1300 Beginners Cycling Cheyenne Mtn State Park				
			0800 Yoga Iron Horse Gym	1000 Advanced Cycling Fort Carson	1600 Archery (Casual Friday) Cheyenne Mountain State Park				
			1000 Strength & Conditioning Centennial Training Center Gym	1000 Strength & Conditioning Centennial Training Center Gym	TBD ARP Sport Massage Colorado Springs School of Massage Therapy				
			1100 Beginners Cycling Cheyenne Mtn State Park	1200 Archery (Brown Bag) Cheyenne Mountain State Park					
			1330 Aqua Cycling Nelson Pool	1200 Spirituality Group Barracks Day Room					
			1600 Arts & Crafts Barracks Day Room	1700 Guitar Lessons Barracks Day Room					
				1730 Advanced Archery Archery School of the Rockies					
5	6	7	8	9	10	11			
	0630 SRR Yoga Iron Horse Gym	0630 SRR Tai Chi Iron Horse Gym	0800 TRX Iron Horse Gym	0800 Seated Volleyball Iron Horse Gym					
	0800 Aqua Cycling Nelson Pool	0800 Spin Class Iron Horse Gym	0800 Walking Iron Horse Gym	0800 WC Basketball Iron Horse Gym					
	0800 Aquatic Exercise & Lap Swim Nelson Pool	0800 Standing Volleyball Iron Horse Gym	0800 WC Basketball Iron Horse Gym	0800 Walking Iron Horse Gym					
	0800 Walking Iron Horse Gym	0800 Walking Iron Horse Gym	0800 Yoga Iron Horse Gym	1000 Advanced Cycling Fort Carson					
	1000 Strength & Conditioning Centennial Training Center	1000 Advanced Cycling Fort Carson	1000 Strength & Conditioning Centennial Training Center Gym	1000 Strength & Conditioning Centennial Training Center Gym			DONSA		
	1300 Beginners Cycling Cheyenne Mtn State Park	1000 Horseback Riding AFA Equestrian Center	1100 Beginners Cycling Cheyenne Mtn State Park	1200 Archery (Brown Bag) Cheyenne Mountain State Park					
	1300 Archery Pellegriano's Archery Hut	1200 Archery (Brown Bag) Cheyenne Mountain State Park	1330 Aqua Cycling Nelson Pool	1200 Spirituality Group Barracks Day Room					
	1600 Arts & Crafts Barracks Day Room	1500 Art Therapy Fine Arts Center	1600 Arts & Crafts Barracks Day Room	1700 Guitar Lessons Barracks Day Room					
		1730 Family Art Therapy Fine Arts Center		1730 Advanced Archery Archery School of the Rockies					
				1830 Kavaikino Nelson Pool					
12	13	14	15	16	17	18			
		0800 Spin Class Iron Horse Gym	0800 TRX Iron Horse Gym	0800 Seated Volleyball Iron Horse Gym	0800 Standing Volleyball Iron Horse Gym	TBD ARP Sport Massage Colorado Springs School of Massage Therapy			
		0800 Standing Volleyball Iron Horse Gym	0800 Walking Iron Horse Gym	0800 WC Basketball Iron Horse Gym	0800 Walking Iron Horse Gym				
		0800 Walking Iron Horse Gym	0800 WC Basketball Iron Horse Gym	0800 Walking Iron Horse Gym	1300 Beginners Cycling Cheyenne Mtn State Park				
	DONSA	1000 Advanced Cycling Fort Carson	0800 Yoga Iron Horse Gym	1000 Advanced Cycling Fort Carson	1600 Archery (Casual Friday) Cheyenne Mountain State Park				
		1200 Archery (Brown Bag) Cheyenne Mountain State Park	1000 Strength & Conditioning Centennial Training Center Gym	1000 Strength & Conditioning Centennial Training Center Gym	TBD ARP Sport Massage Colorado Springs School of Massage Therapy				
		1100 Beginners Cycling Cheyenne Mtn State Park	1100 WC Basketball Iron Horse Gym	1100 WC Basketball Iron Horse Gym					
		1330 Aqua Cycling Nelson Pool	1200 Archery (Brown Bag) Cheyenne Mountain State Park	1200 Archery (Brown Bag) Cheyenne Mountain State Park					
			1600 Arts & Crafts Barracks Day Room	1200 Spirituality Group Barracks Day Room					
			1600 Vet Support Group Barracks Day Room	1700 Guitar Lessons Barracks Day Room					
				1730 Advanced Archery Archery School of the Rockies					
19	20	21	22	23	24	25			
	0800 Aqua Cycling Nelson Pool	0800 Spin Class Iron Horse Gym	0800 TRX Iron Horse Gym						
	0800 Aquatic Exercise & Lap Swim Nelson Pool	0800 Standing Volleyball Iron Horse Gym	0800 Walking Iron Horse Gym						
	0800 Walking Iron Horse Gym	0800 Walking Iron Horse Gym	0800 WC Basketball Iron Horse Gym						
	1000 Strength & Conditioning Centennial Training Center Gym	1000 Advanced Cycling Fort Carson	0800 Yoga Iron Horse Gym	Thanksgiving	DONSA				
	1300 Beginners Cycling Cheyenne Mtn State Park	1200 Archery (Brown Bag) Cheyenne Mountain State Park	1000 Strength & Conditioning Centennial Training Center Gym						
	1300 Archery Pellegriano's Archery Hut	1100 Beginners Cycling Cheyenne Mtn State Park							
	1600 Arts & Crafts Barracks Day Room	1330 Aqua Cycling Nelson Pool	1600 Arts & Crafts Barracks Day Room						
26	27	28	29	30					
	0800 Aqua Cycling Nelson Pool	0800 Spin Class Iron Horse Gym	0800 TRX Iron Horse Gym	0800 Seated Volleyball Iron Horse Gym					
	0800 Aquatic Exercise & Lap Swim Nelson Pool	0800 Standing Volleyball Iron Horse Gym	0800 Walking Iron Horse Gym	0800 WC Basketball Iron Horse Gym					
	0800 Walking Iron Horse Gym	0800 Walking Iron Horse Gym	0800 WC Basketball Iron Horse Gym	0800 Walking Iron Horse Gym					
	1000 Strength & Conditioning Centennial Training Center Gym	0800 Air Force vs. Army WC Basketball Game Iron Horse Gym	0800 Yoga Iron Horse Gym	1000 Advanced Cycling Fort Carson					
	1300 Beginners Cycling Cheyenne Mtn State Park	1000 Advanced Cycling Fort Carson	1000 Strength & Conditioning Centennial Training Center Gym	1000 Strength & Conditioning Centennial Training Center Gym					
	1300 Archery Pellegriano's Archery Hut	1200 Archery (Brown Bag) Cheyenne Mountain State Park	1100 Beginners Cycling Cheyenne Mtn State Park	1200 Archery (Brown Bag) Cheyenne Mountain State Park					
	1600 Arts & Crafts Barracks Day Room	1330 Aqua Cycling Nelson Pool	1600 Arts & Crafts Barracks Day Room	1200 Spirituality Group Barracks Day Room					
				1700 Guitar Lessons Barracks Day Room					
				1730 Advanced Archery Archery School of the Rockies					
				1830 Kavaikino Nelson Pool					