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| October |  |
|  | 2023 |
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| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|  | FALL BREAK  Conditioning 10am  Open Gym 11am | FALL BREAK | FALL BREAK  Conditioning 10am  Open Gym 11am | FALL BREAK | FALL BREAK |  |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
|  | FALL BREAK  Conditioning 10am  Open Gym 11am | FALL BREAK | FALL BREAK  Conditioning 10am  Open Gym | FALL BREAK | FALL BREAK  Border League | Border League |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| Border League | No School  Conditioning 2:30pm | Lift | Conditioning 2:30pm  Open Gym | Split | Leadership |  |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
|  | Gym  Conditioning 2:30pm | Lift | Conditioning 2:30pm  Open Gym | Split | Gym |  |
| 29 | 30 | 31 |  |  |  |  |
|  | V-1:30-4pm  F-2:30-4:30pm  JV-7-9pm | V-1:30-4pm  F-2:30-4:30pm  JV-7-9pm |  |  |  |  |
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