





NOVEMBER 2021



**Stout PFC BLDG. 2930
P.568-3826**

Class #34

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 OCT	1 Back Prehab (Tony) IRONWORKS	2	3 Weights (Dr. Briggs/John) IRONWORKS	4	5 Fitness Friday (Andy) STOUT TRACK	6
7	8 M.E.F. (Don) IRONWORKS	9	10 Weights (Dr. Briggs/John) IRONWORKS		12 NO CLASS	13
14	15 KB (Tony) IRONWORKS	16	17 Weights (Dr. Briggs/John) IRONWORKS	18	19 GAMEDAY STOUT TRACK	20
21	22 M.E.F. (Don) IRONWORKS	23	24 Weights (Dr. Briggs/John) IRONWORKS		26 NO CLASS	27
28	29 Agility (Tony) IRONWORKS	30	1 DEC Weights (Dr. Briggs/John) IRONWORKS	2 DEC	3 DEC Conditioning (Andy) Stout Track	4 DEC