2021	SEP				OCT					NOV				DEC			
WEEK	1	1	2	3	4	5	6	7	H/T	8	9	10	11	12	13	14	WEEKS
MONDAY		6	13	20	27	4	11	18	25	1	8	15	22	29	6	13	14w
TUESDAY		7	14	21	28	5	12	19	26	2	9	16	23	30	7	14	14w
WEDNESDAY		8	15	22	29	6	13	20	27	3	10	17	24	1	8	15	14w
THURSDAY									28								
FRIDAY																	
SATURDAY	4	11	18	25	2	9	16	23	30	6	13	20	27	4	11		14w
SUNDAY				26													

KEY:	
START BACK	
GYM CLOSED	
MAKE UP CLASS	
GYM COURSE	
LAST LESSONS	