

November 2018

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
<p><u>Yellow</u>: at Forge Performance Fitness from 6-7pm</p> <p><u>White</u>: at LOCR Indoor Facility from 4:15-6:30pm</p>				1	2	3 Green Lake Frostbite Regatta
4 Head of the Lake	5 OFF	6 Trailer Unloading	7 OFF	8 End of Season Celebration	9 OFF	10 OFF
11 OFF	12 OFF	13 1 st Day of Winter Training <u>Men</u> : Yellow <u>Women</u> : White	14 <u>Men</u> : White <u>Women</u> : Yellow	15 <u>Men</u> : Yellow <u>Women</u> : White	16 <u>Men</u> : White <u>Women</u> : Yellow	17 ERGATHON!
18 OFF	19 <u>Men</u> : Yellow <u>Women</u> : White (2K day!!)	20 <u>Men</u> : White <u>Women</u> : Yellow	21 <u>Men</u> : Yellow <u>Women</u> : White	22 OFF	23 OFF	24 OFF
25 OFF	26 <u>Men</u> : White <u>Women</u> : Yellow	27 <u>Men</u> : Yellow <u>Women</u> : White	28 <u>Men</u> : White <u>Women</u> : Yellow	29 <u>Men</u> : Yellow <u>Women</u> : White	30 <u>Men</u> : White <u>Women</u> : Yellow	