



## November Schedule

### Co-Ed Cross Training Opportunities

In-Person Workouts will meet at the corner of  
116th St & Riverside Drive near Columbia  
Virtual Workouts will be on Zoom. To join use  
Zoom Meeting ID: 970-7466-0108

#### November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	4:30pm		4:30pm		4:30pm	
8	9	10	11	12	13	14
	4:30pm		OFF		4:30pm	
15	16	17	18	19	20	21
	4:30pm		4:30pm		4:30pm	
22	23	24	25	26	27	28
	4:30pm		4:30pm		OFF	
29	30	1-Dec	2-Dec	3-Dec	4-Dec	5-Dec
	7:00am 4:30pm	7:00am 4:30pm	7:00am OFF	7:00am 4:30pm	7:00am 4:30pm	

\*All participants must renew their BTS Membership for the  
2020-2021 and comply to all safety protocols