

# DECEMBER 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	1	2	3	4	5	6
7	8	9 Lifting 3-4:30 p.m.	10 Lifting 3-4:30 p.m.	11 Lifting 3-4:30 p.m.	12	13
14	15	16 Lifting 3-4:30 p.m.	17 Lifting 3-4:30 p.m.	18 Lifting 3-4:30 p.m.	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3