

8/8/2021

Gym County School System - Calendar - October 2021

SUN 26	MON 27	TUE 28	WED 29	THU 30	FRI Oct 1
Strength 2	Upper & Speed	Lower & Yoga ● 6pm Middle school	Character & Conditi	Upper & Conditionin ● 6pm Middle School	Lower & Yoga
3	4	5	6	7	8
strength 3	Upper & Speed	Lower & Yoga ● 6pm Middle school	Upper & Conditionir	Lower & Yoga ● 6pm Middle School	Teacher Work Day
10	11	12	13	14	15
Strength 4	Upper & Speed	Lower & Yoga ● 6pm Middle school	Character & Conditi	Upper & Conditionin ● 6pm Middle School	Lower & Yoga
17	18	19	20	21	22
Test & Teach	10/60yd, shuttle, tei	VJ, Broad Jump, Sq	Character & Conditi	Bench & DL	Lower & Yoga
24	25	26	27	28	29
Power 1	Upper & Speed	Lower & Yoga	Character & Conditi	Upper & Conditionin	Lower & Yoga
31	Nov 1	2	3	4	5
Power 2	Upper & Speed	Lower & Yoga	Character & Conditi	Upper & Conditionin	Lower & Yoga