

October 2025

HIGH PERFORMANCE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			Hill Park 5:45am - 7:30am Laurier 4:30pm -6:30pm	Jimmy TP 4:30pm - 6:00pm YOGA 6:00-7:00pm	Hillpark 5:45am - 7:30am CH 5:00pm - 7:00pm	OFF
5	6	7	8	9	10	11
Brant 4:30pm -6:30pm Amber Hutchinson	Hill Park 5:45am - 7:30am Odeon 4:30pm -5:30pm	Hill Park 4:30pm - 6:00pm	Hill Park 5:45am - 7:30am Laurier 4:30pm -6:30pm	Jimmy TP 4:30pm - 6:00pm YOGA 6:00-7:00pm	Hillpark 5:45am - 7:30am BRANT 7:00pm - 9:00pm	OFF
12	13	14	15	16	17	18
Brant 8:00am -10:00am	Thanksgiving Day	Hill Park 4:30pm - 6:00pm	Hill Park 5:45am - 7:30am Laurier 4:30pm -6:30pm	Jimmy TP 4:30pm - 6:00pm YOGA 6:00-7:00pm	Hillpark 5:45am - 7:30am CH 5:00pm - 6:30pm	Hall Of Fame Meet
19	20	21	22	23	24	25
Hall Of Fame Meet	Hill Park OFF Odeon 4:30pm -5:30pm	Hill Park 4:30pm - 6:00pm	Hill Park 5:45am - 7:30am Laurier 4:30pm -6:30pm	Jimmy TP 4:30pm - 6:00pm Nutrition 6:15-7:00pm	Hillpark 5:45am - 7:30am CH 5:00pm - 7:00pm	OFF
26	27	28	29	30	31	
Laurier 7:00am -9:00am	Hill Park 5:45am - 7:30am Odeon 4:30pm -5:30pm	Hill Park 4:30pm - 6:00pm	Hill Park 5:45am - 7:30am Laurier 4:30pm -6:30pm	Jimmy TP 4:30pm - 6:00pm YOGA 6:00-7:00pm	Hillpark 5:45am - 7:30am JTP 4:30pm - 5:30pm	