

# November 2009

## MSU Tennis Facility Cardio Plus Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1) <b>Cardio 6pm-7pm</b>	2)	3) 6pm – 7pm <b>Cardio</b> 7pm – 8pm Drills	4) 7:30pm – 8:30pm <b>Cardio</b>	5) 6pm – 7pm <b>Cardio</b>	6) 5:30pm – 6:30pm <b>Cardio</b>	7)
8) <b>Cardio 6pm-7pm</b>	9)	10) 6pm – 7pm <b>Cardio</b> 7pm – 8pm Drills	11) 7:30pm – 8:30pm <b>Cardio</b>	12) 6pm – 7pm <b>Cardio</b>	13) 5:30pm – 6:30pm <b>Cardio</b>	14)
15) <b>Cardio 6pm-7pm</b>	16)	17) 6pm – 7pm <b>Cardio</b> 7pm – 8pm Drills	18) 7:30pm – 8:30pm <b>Cardio</b>	19) 6pm – 7pm <b>Cardio</b>	20) 5:30pm-6:30pm <b>Cardio</b>	21)
22) <b>Cardio 6pm-7pm</b>	23)	24) 6pm – 7pm <b>Cardio</b> 7pm – 8pm Drills	25) <b>6pm – 7pm Cardio</b> <b>Note: Time Change</b>	26) <u><b>No Cardio</b></u>	27) <b>*12pm-1pm Cardio*</b> <b>*5pm-6pm Cardio*</b>	28)
29) <b>Cardio 6pm-7pm</b>	30)					