

DECEMBER 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 5:30 Weights 6:45 Aux Gym	3 3:30 Weights	4 3:30 Weights	5 5:30 Weights 6:45 Aux Gym	6	7
8	9 3:30 Weights	10 3:30 Weights	11	12 3:30 Weights 4:45 Aux Gym	13 3:30 Weights 4:45 Aux Gym	14
15	16 5:30 Weights 6:45 Aux Gym	17 3:30 Weights	18 3:30 Weights	19 5:30 Weights 6:45 Aux Gym	20	21
22	23	24	25	26	27	28
29	30	31				



JANUARY 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6 3:15 Aux Gym 4:45 Weights	7 3:15 Aux Gym 4:45 Weights	8	9 5:30 Weights 6:45 Aux Gym	10 5:30 Weights 6:45 Aux Gym	11
12	13 5:30 Weights 6:45 Aux Gym	14 3:15 Aux Gym 4:45 Weights	15	16 5:30 Weights 6:45 Aux Gym	17 3:15 Aux Gym 4:45 Weights	18
19	20 3:30 Weights	21 5:30 Weights 6:45 Aux Gym	22 3:30 Weights	23 3:30 Weights	24	25
26	27 5:30 Weights 6:45 Aux Gym	28 5:30 Weights 6:45 Aux Gym	29 3:15 Aux Gym 4:45 Weights	30 5:30 Weights 6:45 Aux Gym	31	

