

February 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 2					1
Week 1	4	5 @ KM Weight Room 1:50 to 2:50	6	7 @ Ivrc w/kyla 1:50 to 2:50	8
Week 2	11 @ Delbrook swimming 1:50 to 2:50	12	13 @ KM Weight Room 1:50 to 2:50	14	15
Week 1	18	19 @ KM Weight Room 1:50 to 2:50	20	21 @ Ivrc yoga w/Annie 1:50 to 2:50	22
Week 2	25 @ Ivrc w/? 1:50 to 2:50	26	27 @ KM Weight Room 1:50 to 2:50	28	