

January 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3	4
Week 1	7	8 @ KM Weight Room 1:50 to 2:50	9	10 @ Memorial Gym 1:50 to 2:50 Ball w/Kyla	11
Week 2	14 @LVRC 1:50 to 2:50 w/Kyla	15	16 @ KM Weight Room 1:50 to 2:50	17	18 @ Argyle
Week 1	21	22 @ KM Weight Room 1:50 to 2:50	23	24 @LVRC 1:50 to 2:50 Eccentrics w/Loreen	25
Week 2	28	29	30 @ KM Weight Room 1:50 to 2:50	31	