

March 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 2					1
Week 1	4	5 @ KM Weight Room 1:50 to 2:50	6	7 @LVRC W/Kyla 1:50 to 2:50	8
Week 2	11 @ LVRC W/Janelle somatic yoga	12	13 @ KM Weight Room 1:50 to 2:50	14	15 @ Argyle
Week 1	18	19	20	21	22
Week 2	25	26	27	28	29