



January 2019 Cycle



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<i>1</i> Club Closed 	<i>2</i>	<i>3</i>	<i>4</i> 9:15 AM (30) -DD	<i>5</i> 8:15 AM (45) -KW
<i>6</i>	<i>7</i> 9:15 AM (30)- DD	<i>8</i> 6:30 AM (45) -VA 9:15 AM (45)- VA 5:00 PM (30) - DP	<i>9</i> 5:00 PM (30) - DP	<i>10</i>	<i>11</i> 9:15 AM (30) -DD	<i>12</i> 8:15 AM (45) -KW
<i>13</i> 	<i>14</i> 9:15 AM (30)- DD 5:00 PM (30) - DP	<i>15</i> 6:30 AM (45) -VA 9:15 AM (45)- VA 5:00 PM (30) - DP	<i>16</i>	<i>17</i>	<i>18</i> 9:15 AM (30) -DD	<i>19</i> 8:15 AM (45) -KW
<i>20</i>	<i>21</i> 9:15 AM (30)- DD 5:00 PM (30) - DP	<i>22</i> 6:30 AM (45) -VA 9:15 AM (45)- VA 5:00 PM (30) - DP	<i>23</i>	<i>24</i>	<i>25</i> 9:15 AM (30) -DD	<i>26</i> 8:15 AM (45) -KW
<i>27</i>	<i>28</i> 9:15 AM (30)- DD	<i>29</i> 6:30 AM (45) -VA 9:15 AM (45)- VA 5:00 PM (30) - DP	<i>30</i> 5:00 PM (30) - DP	<i>31</i> HAPPY NEW YEAR 2019		