

December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12/4	12/5 3:30-5:00 Weights	12/6 3:30-5:00 Throw	12/7 3:30-5:00 Weights	12/8 3:30-5:00 Throw	12/9 3:30-5:00 Weights	12/10 9am-11am Throw
12/11	12/12 3:30-5:00 Weights	12/13 3:30-5:00 Throw	12/14 3:30-5:00 Weights	12/15 3:30-5:00 Throw	12/16 3:30-5:00 Weights	12/17 9am-11am Throw
12/18	12/19 3:30-5:00 Weights	12/20 3:30-5:00 Throw	12/21 3:30-5:00 Weights	12/22 3:30-5:00 Throw	12/23 3:30-5:00 Weights	12/24 9am-11am Throw
12/25	12/26 3:30-5:00 Weights	12/27 3:30-5:00 Throw	12/28 3:30-5:00 Weights	12/29 3:30-5:00 Throw	12/30 3:30-5:00 Weights	12/31 9am-11am Throw

January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1/1	1/2 3:30-5:00 Weights	1/3 3:30-5:00 Throw	1/4 3:30-5:00 Weights	1/5 3:30-5:00 Throw	1/6 3:30-5:00 Weights	1/7 9am-11am Throw
1/8	1/9 3:30-5:00 Weights	1/10 3:30-5:00 Throw	1/11 3:30-5:00 Weights	1/12 3:30-5:00 Throw	1/13 3:30-5:00 Weights	1/14 9am-11am Throw
1/15	1/16 3:30-5:00 Weights	1/17 3:30-5:00 Throw	1/18 3:30-5:00 Weights	1/19 3:30-5:00 Throw	1/20 3:30-5:00 Weights	1/21 9am-11am Throw
1/22	1/23 3:30-5:00 Weights	1/24 3:30-5:00 Throw	1/25 3:30-5:00 Weights	1/26 3:30-5:00 Throw	1/27 3:30-5:00 Weights	1/28 9am-11am Throw