

December 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Weights	4	5 Weights	6	7 FB Supplemental Lift	8
9	10 Weights	11	12 Weights	13	14 FB Supplemental Lift	15
16	17 Weights	18	19 Weights	20	21 FB Supplemental Lift	22
23	24 Christmas Eve	25 Christmas	26	27 Open weight session from 9- 10:30am	28 Open weight session from 9- 10:30am	29
30	31 New Years Eve					