

# January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 <b>New Year's Day</b>	2 Weights	3	4 FB Supplemental Weights	5
6	7 Weights	8	9 Weights	10	11 FB Supplemental Weights	12
13	14 Weights	15	16 Weights	17	18 FB Supplemental Weights	19
20	21 <b>M L King Day</b>	22	23 Weights	24	25 FB Supplemental Weights	26
27	28 Weights	29	30 Weights	31		