

January 2020 Track Workouts

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8 Bowling Match	9 UC Weight room 3:15 - 4:30	10	11
12	13 UC Weight room 3:15 - 4:30	14 UC Weight room 3:15 - 4:30	15 Bowling Match	16 NO Workouts	17	18
19	20 No School	21 UC Weight room 3:15 - 4:30	22 Bowling Match	23 UC Weight room 3:15 - 4:30	24	25
26	27 Bowling Match	28 UC Weight room 3:15 - 4:30	29 Bowling Match	30 UC Weight room 3:15 - 4:30	31	