

January 2018 Track Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15 No School	16 Weight Room 3:00 – 4:00	17 Weight Room 3:30 – 5:00	18 Weight Room 3:30 – 5:00	19 No Workouts	20
21	22 Weight Room 3:00 – 4:00	23 Weight Room 3:30 – 5:00	24 Weight Room 3:30 – 5:00	25 Weight Room 3:30 – 5:00	26 No Workouts	27
28	29 Weight Room 3:30 – 5:00	30 Weight Room 3:00 – 4:00	31 Weight Room 3:30 – 5:00			