



# JANUARY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			2 STRENGTH	3 PLYO	4	5 1 <sup>st</sup> Saturday of the month – No GRIT Weekend Warrior @ 7:15am
6 CARDIO	7 PLYO	8 CARDIO	9 CARDIO	10 STRENGTH	11	12 STRENGTH
13 PLYO	14 STRENGTH	15 PLYO	16 PLYO	17 CARDIO	18	19 CARDIO
20 STRENGTH	21 CARDIO	22 STRENGTH	23 STRENGTH	24 PLYO	25	26 PLYO
27 CARDIO	28 PLYO	29 CARDIO	30 CARDIO	31 STRENGTH		
30						