

January 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8 Conditioning 2:30-4:30	9	10 Conditioning 2:30-4:30	11	12 Conditioning 2:30-4:30	13
14	15 No Workout	16	17 Conditioning 2:30-4:30	18	19 Conditioning 2:30-4:30	20
21	22 Conditioning 2:30-4:30	23	24 Conditioning 2:30-4:30	25	26 No Workout	27
28	29 Conditioning 2:30-4:30	30	31 Conditioning 2:30-4:30			