

January 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 CLOSED HAPPY NEW YEAR!	2 STRENGTH Nancy 9AM
3 ENDURANCE Shannon 2:30PM	4 INTERVAL <i>Intro w/Alphie 10:30AM</i> Alphie 11AM Jeff 5:30PM	5 STRENGTH Carol 11AM Carol 12PM Nancy 5PM	6 ENDURANCE Becky 8AM <i>Intro w/Nancy 5:00PM</i> Nancy 5:30PM	7 INTERVAL Susan 11AM Susan 12PM Becky 5:30PM	8 STRENGTH April 10AM	9 ENDURANCE Nancy 9AM
10 INTERVAL Shannon 2:30PM	11 STRENGTH Alphie 11AM Jeff 5:30PM	12 ENDURANCE <i>Intro w/Carol 10:30AM</i> Carol 11AM Carol 12PM Nancy 5PM	13 INTERVAL Becky 8AM Nancy 5:30PM	14 STRENGTH Susan 11AM Susan 12PM Becky 5:30PM	15 ENDURANCE April 10AM	16 INTERVAL Nancy 8AM Nancy 9AM
17 STRENGTH Shannon 2:30PM Shannon 3:30PM	18 ENDURANCE Alphie 11AM Jeff 5:30PM	19 INTERVAL Carol 11AM Carol 12PM Nancy 5PM	20 STRENGTH Becky 8AM Nancy 5:30PM	21 ENDURANCE <i>Intro w/Susan 10:30AM</i> Susan 11AM Susan 12PM Becky 5:30PM	22 INTERVAL April 10AM	23 STRENGTH Nancy 8AM Nancy 9AM
24 ENDURANCE Shannon 2:30PM 31 INTERVAL Shannon 2:30PM Shannon 3:30PM	25 INTERVAL Alphie 11AM Jeff 5:30PM	26 STRENGTH Carol 11AM Carol 12PM Nancy 5PM	27 ENDURANCE Becky 8AM Nancy 5:30PM	28 INTERVAL Susan 11AM Susan 12PM Becky 5:30PM	29 STRENGTH April 10AM	30 ENDURANCE Nancy 8AM Nancy 9AM