

# January 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3 Blue/White 6:45-8:15	4 Blue/White 6:45-8:15	5	6 Blue/White 6:45-8:15	7	8	9 Tsirtsis Camp
10 Tsirtsis Camp Blue/White 6:45-8:15	11 Blue/White 6:45-8:15	12	13 Blue/White 6:45-8:15	14	15	16
17 Blue/White 6:45-8:15	18 Blue/White 6:45-8:15	19	20 Blue/White 6:45-8:15	21	22	23
24 Blue/White 6:45-8:15	25 Blue/White 6:45-8:15	26	27 Blue/White 6:45-8:15	28	29	30
31 Blue/White 6:45-8:15						

# February 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Blue/White 6:45-8:15	2	3 Blue/White 6:45-8:15	4	5	6
7 Blue/White 6:45-8:15	8 Blue/White 6:45-8:15	9	10 Blue/White 6:45-8:15	11	12	13
14 NO WORKOUTS MS STATE	15 Blue/White 6:45-8:15	16	17 Blue/White 6:45-8:15	18	19	20
21 Blue/White 6:45-8:15	22 Blue/White 6:45-8:15	23	24 Blue/White 6:45-8:15	25	26	27
28 Blue/White 6:45-8:15						

# March 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Orange 5:00-6:30 Red 6:45-8:15	2	3 Blue 6:45-8:15	4	5	6 B/I Folkstyle State
7 PW/Novice Folkstyle State Orange 5:00-6:30 Red 6:45-8:15	8 Orange 5:00-6:30 Red 6:45-8:15	9	10 Blue 6:45-8:15	11	12	13 SB-J Folkstyle State
14 SB-J Folkstyle State No Workouts	15 Orange 5:00-6:30 Red 6:45-8:15	16	17 Blue 6:45-8:15	18	19	20
21 Blue 3:15-4:45 Orange 5:00-6:30 Red 6:45-8:15	22 Orange 5:00-6:30 Red 6:45-8:15	23	24 Blue 6:45-8:15	25	26	27
28 Blue 3:15-4:45 Orange 5:00-6:30 Red 6:45-8:15	29 Orange 5:00-6:30 Red 6:45-8:15	30	31 Blue 6:45-8:15			

# April 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4 <b>No Workouts</b> <b>Happy Easter</b>	5 Orange 5:00-6:30 Red 6:45-8:15	6	7 Blue 6:45-8:15	8	9	10
11 Blue 3:15-4:45 Orange 5:00-6:30 Red 6:45-8:15	12 Orange 5:00-6:30 Red 6:45-8:15	13	14 Blue 6:45-8:15	15	16	17
18 Blue 3:15-4:45 Orange 5:00-6:30 Red 6:45-8:15	19 Orange 5:00-6:30 Red 6:45-8:15	20	21 Blue 6:45-8:15	22	23	24
25 Blue 3:15-4:45 Orange 5:00-6:30 Red 6:45-8:15	26 Orange 5:00-6:30 Red 6:45-8:15	27	28 Blue 6:45-8:15	29	30	

# May 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 PW-C Freestyle State
2 <b>No Workouts</b> <b>Greco State</b>	3 Orange 5:00-6:30 Red 6:45-8:15	4	5 Blue 6:45-8:15	6	7	8 Junior Freestyle State
9 Blue 3:15-4:45 Orange 5:00-6:30 Red 6:45-8:15	10 Orange 5:00-6:30 Red 6:45-8:15	11	12 Blue 6:45-8:15	13	14	15
16 Blue 3:15-4:45 Orange 5:00-6:30 Red 6:45-8:15	17 Orange 5:00-6:30 Red 6:45-8:15	18	19 Blue 6:45-8:15	20	21	22
23 Blue 3:15-4:45 Orange 5:00-6:30 Red 6:45-8:15	24 Orange 5:00-6:30 Red 6:45-8:15	25	26 Blue 6:45-8:15	27	28 Open Room 6:00-8:00	29
30 <b>Memorial Day</b> <b>No Workouts</b>	31 Orange 5:00-6:30 Red 6:45-8:15					

# June 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 Blue 6:45-8:15	3	4	5
6 Blue 3:15-4:45 Orange 5:00-6:30 Red 6:45-8:15	7 Orange 5:00-6:30 Red 6:45-8:15	8	9 Blue 6:45-8:15	10	11	12
13 Blue 3:15-4:45 Orange 5:00-6:30 Red 6:45-8:15	14 Orange 5:00-6:30 Red 6:45-8:15	15	16 Blue 6:45-8:15	17	18	19
20 Blue 3:15-4:45 Orange 5:00-6:30 Red 6:45-8:15	21 Orange 5:00-6:30 Red 6:45-8:15	22	23 Blue 6:45-8:15	24	25	26
27 Blue 3:15-4:45 Orange 5:00-6:30 Red 6:45-8:15	28 Orange 5:00-6:30 Red 6:45-8:15	29	30 Blue 6:45-8:15			

# July 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 Orange 5:00-6:30 Red 6:45-8:15	6	7 Blue 6:45-8:15	8	9	10
11 Blue 3:15-4:45 Orange 5:00-6:30 Red 6:45-8:15	12 Orange 5:00-6:30 Red 6:45-8:15	13	14 Blue 6:45-8:15	15	16	17
18 Blue 3:15-4:45 Orange 5:00-6:30 Red 6:45-8:15	19 Orange 5:00-6:30 Red 6:45-8:15	20	21 Blue 6:45-8:15	22	23	24
25 Blue 3:15-4:45 Orange 5:00-6:30 Red 6:45-8:15	26 Orange 5:00-6:30 Red 6:45-8:15	27	28 Blue 6:45-8:15	29	30	31

# August 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Blue 3:15-4:45 Orange 5:00-6:30 Red 6:45-8:15	2 Orange 5:00-6:30 Red 6:45-8:15	3	4 Blue 6:45-8:15	5	6	7
8 Blue 3:15-4:45 Orange 5:00-6:30 Red 6:45-8:15	9 Orange 5:00-6:30 Red 6:45-8:15	10	11 Blue 6:45-8:15	12	13	14
15 Blue 3:15-4:45 Orange 5:00-6:30 Red 6:45-8:15	16 Orange 5:00-6:30 Red 6:45-8:15	17	18 Blue 6:45-8:15	19	20	21 Andrew Howe Camp
22 Blue 3:15-4:45 Orange 5:00-6:30 Red 6:45-8:15	23 Orange/Red 6:45-8:15	24	25 Blue 6:45-8:15	26	27	28
29 Blue 3:15-4:45 Orange 5:00-6:30 Red 6:45-8:15	30 Orange/Red 6:45-8:15	31				

# September 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Blue 6:45-8:15	2	3	4
5 Labor Day Weekend No Workouts	6 Orange/Red 6:45-8:15	7	8 Blue 6:45-8:15	9	10	11
12 Blue 3:15-4:45 Orange 5:00-6:30 Red 6:45-8:15	13 Orange/Red 6:45-8:15	14	15 Blue 6:45-8:15	16	17	18
19 Blue 3:15-4:45 Orange 5:00-6:30 Red 6:45-8:15	20 Orange/Red 6:45-8:15	21	22 Blue 6:45-8:15	23	24	25
26 Blue 3:15-4:45 Orange 5:00-6:30 Red 6:45-8:15	27 Orange/Red 6:45-8:15	28	29 Blue 6:45-8:15	30		

# October 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3 Blue 3:15-4:45 Orange 5:00-6:30 Red 6:45-8:15	4 Orange/Red 6:45-8:15	5	6 Blue 6:45-8:15	7	8	9
10 Blue 3:15-4:45 Orange 5:00-6:30 Red 6:45-8:15	11 Orange/Red 6:45-8:15	12	13 Blue 6:45-8:15	14	15	16
17 Blue 3:15-4:45 Orange 5:00-6:30 Red 6:45-8:15	18 Orange/Red 6:45-8:15	19	20 Blue 6:45-8:15	21	22	23
24 Blue 3:15-4:45 Orange 5:00-6:30 Red 6:45-8:15	25 Orange/Red 6:45-8:15	26	27 Blue 6:45-8:15	28	29	30
31						

# November 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

# December 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	