



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
JANUARY	2 ADULT 5:30AM JR SAQ - 6:00PM H.S. Elite Speed - 7:00PM	3 Y. Wrestling - 6:30PM H.S. Wrestling - 7:30PM	4 ADULT 5:30 AM JR SAQ - 6:00PM H.S. Elite Speed - 7:00PM	5 Y. Wrestling - 6:30PM H.S. Wrestling - 7:30PM	6 ADULT 5:30 AM	7	
	8	9 ADULT 5:30AM No Elite Class JR SAQ - 6:00PM H.S. Elite Speed - 7:00PM	10 Y. Wrestling - 6:30PM H.S. Wrestling - 7:30PM	11 ADULT 5:30 AM JR SAQ - 6:00PM H.S. Elite Speed - 7:00PM	12 Y. Wrestling - 6:30PM H.S. Wrestling - 7:30PM	13 ADULT 5:30 AM	14
	15	16 ADULT 5:30AM No Elite Class JR SAQ - 6:00PM H.S. Elite Speed - 7:00PM	17 Y. Wrestling - 6:30PM H.S. Wrestling - 7:30PM	18 ADULT 5:30AM JR SAQ - 6:00PM H.S. Elite Speed - 7:00PM	19 Y. Wrestling - 6:30PM H.S. Wrestling - 7:30PM	20 ADULT 5:30 AM	21
	22	23 ADULT 5:30 AM No Elite Class JR SAQ - 6:00PM H.S. Elite Speed - 7:00PM	24 Y. Wrestling - 6:30PM H.S. Wrestling - 7:30PM	25 ADULT 5:30 AM JR SAQ - 6:00PM H.S. Elite Speed - 7:00PM	26 Y. Wrestling - 6:30PM H.S. Wrestling - 7:30PM	27 ADULT 5:30 AM	28
	29	30 No Elite Class JR SAQ - 6:00PM H.S. Elite Speed - 7:00PM	31 Y. Wrestling - 6:30PM H.S. Wrestling - 7:30PM	1 ADULT 5:30 / 6:00AM JR SAQ - 6:00PM H.S. Elite Speed - 7:00PM	2 Y. Wrestling - 6:30PM H.S. Wrestling - 7:30PM	3 ADULT 5:30 AM	4

JR SAQ Mon/Wed 6:00pm	HS Elite Mon/Wed 7:00pm	Youth Wrestling Tues 6:30-8:00pm Thurs 6:30-8:00pm	HS Wrestling Tues 7:30pm Thurs 7:30pm	ADULT Fitness Mon /Wed/ Fri 5:30am
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