

PANTHER LIFTING January 2010

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
					1 New Years Day	2 Active Rest
3 Active Rest	4 Weight Room 3:15	5 Core Day 3:15	6 Weight Room 3:15	7 Weight Room 3:15	8 Active Rest	9 Active Rest
10 Active Rest	11 Weight Room 3:15	12 Core Day 3:15	13 Weight Room 3:15	14 Weight Room 3:15	15 Active Rest	16 Active Rest
17 Active Rest	18 No School MLK Day Active Rest	19 Core Day 3:15	20 Weight Room 3:15	21 Weight Room 3:15	22 Active Rest	23 Active Rest
24 Active Rest	25 Weight Room 2:25 Early Out 2:15	26 Core Day 3:15	27 Weight Room 3:15	28 Weight Room 3:15	29 Active Rest	30 Active Rest
31 Active Rest						