



January 2018 CYCLE



Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	<i>1</i> Club Open 8-4 No class Today 	<i>2</i> NO 6:30am cycle 9:15 AM (30)- DD 5:00 PM (30) - DP	<i>3</i> 6:30 AM (45) -KW 9:15 AM (30)- DP 5:00 PM (30) - CDM 6:15 PM (45) - AO	<i>4</i> 9:15 AM (30) -CDM 5:00 PM (30) -DD	<i>5</i> 9:15 AM (30) -DP	<i>6</i> 8:15 AM (45) -KW	
<i>7</i>	<i>8</i> 6:30 AM (45) -AO 9:15 AM (30)- SB 5:00 PM (30) - DP 6:15 PM (45) - AO	<i>9</i> 6:30 AM (45) -AO 9:15 AM (30)- DD 5:00 PM (30) - DP	<i>10</i> 6:30 AM (45) -KW 9:15 AM (30)- DP 5:00 PM (30) - CDM 6:15 PM (45) - AO	<i>11</i> 9:15 AM (30) -CDM 5:00 PM (30) -DD	<i>12</i> 9:15 AM (30) -DP	<i>13</i> 8:15 AM (45) -KW	
<i>14</i>	<i>15</i> 6:30 AM (45) -AO 9:15 AM (30)- SB 5:00 PM (30) - DP 6:15 PM (45) - AO	<i>16</i> 6:30 AM (45) -AO 9:15 AM (30)- DD 5:00 PM (30) - DP	<i>17</i> 6:30 AM (45) -KW 9:15 AM (30)- DP 5:00 PM (30) - CDM 6:15 PM (45) - AO	<i>18</i> 9:15 AM (30) -CDM 5:00 PM (30) -DD	<i>19</i> 9:15 AM (30) -DP	<i>20</i> 8:15 AM (45) -KW	
<i>21</i>	<i>22</i> 6:30 AM (45) -DP 9:15 AM (30)- SB 5:00 PM (30) - DP 6:15 PM (45) - KW	<i>23</i> 6:30 AM (45) - KW 9:15 AM (30)- DD 5:00 PM (30) - DP	<i>24</i> 6:30 AM (45) -KW 9:15 AM (30)- DP 5:00 PM (30) - CDM 6:15 PM (45) - AO	<i>25</i> 9:15 AM (30) -CDM 5:00 PM (30) -DD	<i>26</i> 9:15 AM (30) -DP	<i>27</i> 8:15 AM (45) -KW	
<i>28</i>	<i>29</i> 6:30 AM (45) -AO 9:15 AM (30)- SB 5:00 PM (30) - DP 6:15 PM (45) - AO	<i>30</i> 6:30 AM (45) -AO 9:15 AM (30)- DD 5:00 PM (30) - DP	<i>31</i> 6:30 AM (45) -KW 9:15 AM (30)- DP 5:00 PM (30) - CDM 6:15 PM (45) - AO				