



# BETHEL STRENGTH & CONDITIONING CALENDAR.



<b>January 2019</b>						
<b>SUNDAY</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
		1	2	3	4	5
		<b>Off Happy New Year</b>	<b>Return to School</b>	<b>Teambuildr Lift 5-6pm Squat, DL Technique</b>	<b>Teambuildr Lift 5-6pm Clean, Bench Technique</b>	<b>OFF</b>
6	7	8	9	10	11	12
<b>OFF</b>	<b>Teambuildr Lift 5:30-pm-6:30pm</b>	<b>OFF</b>	<b>Teambuildr Lift 5-6pm</b>	<b>Teambuildr Lift 5-6pm</b>	<b>Teambuildr Lift 5-6pm</b>	<b>OFF</b>
13	14	15	16	17	18	19
<b>OFF</b>	<b>Teambuildr Lift 5:30-pm-6:30pm</b>	<b>OFF</b>	<b>Teambuildr Lift 5-6pm</b>	<b>Teambuildr Lift 5-6pm</b>	<b>Teambuildr Lift 5-6pm</b>	<b>OFF</b>
20	21	22	23	24	25	26
<b>OFF</b>	<b>President's Day OFF</b>	<b>OFF</b>	<b>Teambuildr Lift 5-6pm</b>	<b>Teambuildr Lift 5-6pm</b>	<b>Teambuildr Lift 5-6pm</b>	<b>OFF</b>
27	28	29	30	31		
<b>OFF</b>	<b>Teambuildr Lift 5:30-pm-6:30pm</b>	<b>OFF</b>	<b>Teambuildr Lift 5-6pm</b>	<b>Teambuildr Lift 5-6pm</b>		