

JANUARY FREESTYLE CALENDAR 2019					
Mon 12/31	Tues 1/1	Wed 1/2	Thurs 1/3	Friday 1/4	Sat 1/5
8:00-8:30am	No Freestyles	(P)8:00-8:30am	8:50-9:20am	(P)9:00-9:30am	7:00-7:30am
8:30-9:00am	Today	8:30-9:00am	9:20-9:50am	9:30-10:00am	7:30-8:00am
9:00-9:30am		9:00-9:30am	9:50-10:20am	10:00-10:30am	8:00-8:30am
9:30-10:00am		9:30-10:00am	10:20-10:50am	10:30-11:00am	8:30-9:00am
3:30-4:00pm		3:30-4:00pm	3:30-4:00pm	3:45-4:15pm	9:00-9:30am (zam after)
4:00-4:30pm		4:00-4:30pm	4:00-4:30pm	4:15-4:45pm	9:40-10:10am Low FS
4:30-5:00pm		4:30-5:00pm	4:30-5:00pm	4:45-5:15pm	10:10-10:40am Low FS
		5:00-5:30pm	5:00-5:30pm	5:15-5:45pm	10:40-11:40am LTS #1
					11:40-12:20pm Elite Academy
Mon 1/7	Tues 1/8	Wed 1/9	Thurs 1/10	Friday 1/11	Sat 1/12
6:00-7:00am	6:00-7:00am	6:00-7:00am	6:00-7:00am	6:00-7:00am	7:00-7:30am
7:00-8:00am	7:00-8:00am	7:00-8:00am	7:00-8:00am	7:00-8:00am	7:30-8:00am
	8:00-8:30am		8:00-8:30am	LTS 10:00am	8:00-8:30am
					8:30-9:00am
3:45-4:15pm	3:30-4:00pm	3:15-3:45pm	3:30-4:00pm	3:45-4:15pm	9:00-9:30am (zam after)
4:15-4:45pm	4:00-4:30pm	3:45-4:15pm	4:00-4:30pm	4:15-4:45pm	9:40-10:10am Low FS
4:45-5:15pm	4:30-5:00pm	4:15-4:45pm	4:30-5:00pm	4:45-5:15pm	10:10-10:40am Low FS
5:15-5:45pm *	5:00-5:30pm		5:00-5:30pm	5:15-5:45pm	10:40-11:40am LTS
6:00 LTS					11:40-12:20pm Elite Academy
Mon 1/14	Tues 1/15	Wed 1/16	Thurs 1/17	Friday 1/18	Sat 1/19
6:00-7:00am	6:00-7:00am	6:00-7:00am	6:00-7:00am	6:00-7:00am	9:30-10:00am
7:00-8:00am	7:00-8:00am	7:00-8:00am	7:00-8:00am	7:00-8:00am	10:00-10:30am (zam)
	8:00-8:30am		8:00-8:30am	LTS 10:00am	
3:45-4:15pm	3:30-4:00pm	3:15-3:45pm	3:30-4:00pm	5:30-6:00pm	10:40-11:40am LTS
4:15-4:45pm	4:00-4:30pm	3:45-4:15pm	4:00-4:30pm	6:00-6:30pm	11:40-12:20pm Elite Academy
4:45-5:15pm	4:30-5:00pm	4:15-4:45pm	4:30-5:00pm	6:30-7:00pm	
5:15-5:45pm *	5:00-5:30pm		5:00-5:30pm		
6:00 LTS					
Mon 1/21	Tues 1/22	Wed 1/23	Thurs 1/24	Friday 1/25	Sat 1/26
No am freestyles	6:00-7:00am	6:00-7:00am	6:00-7:00am	6:00-7:00am	7:00-7:30am
	7:00-8:00am	7:00-8:00am	7:00-8:00am	7:00-8:00am	7:30-8:00am
	8:00-8:30am		8:00-8:30am	LTS 10:00am	8:00-8:30am
5:00-5:30pm					8:30-9:00am
5:30-6:00pm	3:30-4:00pm	3:15-3:45pm	3:30-4:00pm	3:45-4:15pm	9:00-9:30am (zam after)
	4:00-4:30pm	3:45-4:15pm	4:00-4:30pm	4:15-4:45pm	9:40-10:10am Low FS
	4:30-5:00pm	4:15-4:45pm	4:30-5:00pm	4:45-5:15pm	10:10-10:40am Low FS
	5:00-5:30pm		5:00-5:30pm	5:15-5:45pm	10:40-11:40am LTS
6:00 LTS					11:40-12:20pm Elite Academy
Mon 1/28	Tues 1/29	Wed 1/30	Thurs 1/31		
6:00-7:00am	6:00-7:00am	6:00-7:00am	6:00-7:00am		
7:00-8:00am	7:00-8:00am	7:00-8:00am	7:00-8:00am		
	8:00-8:30am		8:00-8:30am		
3:45-4:15pm	3:30-4:00pm	3:15-3:45pm	3:30-4:00pm		
4:15-4:45pm	4:00-4:30pm	3:45-4:15pm	4:00-4:30pm		
4:45-5:15pm	4:30-5:00pm	4:15-4:45pm	4:30-5:00pm		
5:15-5:45pm *	5:00-5:30pm		5:00-5:30pm		
6:00 LTS					