

# January 2019

| <i>Sun</i>   | <i>Mon</i>   | <i>Tue</i>                                      | <i>Wed</i>   | <i>Thu</i>   | <i>Fri</i>   | <i>Sat</i>   |
|--|--|---|--|--|--|--|
| <b>Yellow:</b> at Forge Performance Fitness from 6-7pm | <b>White:</b> at LOCR Indoor Facility from 4:15-6:30pm     | 1<br><b>OFF</b>                                 | 2<br><b>OFF</b><br>(Optional workout for juniors at 7-9am) | 3<br><b>OFF</b><br>(Optional workout for juniors at 7-9am) | 4<br><b>OFF</b><br>(Optional workout for juniors at 7-9am) | 5<br><b>OFF</b>  |
| 6<br>OFF   | 7<br><u>Men:</u> White<br><u>Women:</u> Yellow             | 8<br><u>Men:</u> Yellow<br><u>Women:</u> White  | 9<br><u>Men:</u> White<br><u>Women:</u> Yellow             | 10<br><u>Men:</u> Yellow<br><u>Women:</u> White            | 11<br><u>Men:</u> White<br><u>Women:</u> Yellow            | 12<br><b>White Elephant for all Juniors at erg room 8-10am</b> |
| 13<br>OFF  | 14<br><u>Men:</u> Yellow<br><u>Women:</u> White            | 15<br><u>Men:</u> White<br><u>Women:</u> Yellow | 16<br><u>Men:</u> Yellow<br><u>Women:</u> White            | 17<br><u>Men:</u> White<br><u>Women:</u> Yellow            | 18<br><u>Men:</u> Yellow<br><u>Women:</u> White            | 19<br><b>Varsity at Boathouse</b>                              |
| 20<br>OFF  | <b>21</b><br><b>MLK Jr Day</b><br><b>Optional practice</b> | 22<br><u>Men:</u> Yellow<br><u>Women:</u> White | 23<br><u>Men:</u> White<br><u>Women:</u> Yellow            | 24<br><u>Men:</u> Yellow<br><u>Women:</u> White            | 25<br><u>Men:</u> White<br><u>Women:</u> Yellow            | 26<br><b>Varsity at Boathouse</b>                              |
| 27<br>OFF  | 28<br><u>Men:</u> Yellow<br><u>Women:</u> White            | 29<br><u>Men:</u> White<br><u>Women:</u> Yellow | 30<br><u>Men:</u> Yellow<br><u>Women:</u> White            | 31<br><u>Men:</u> White<br><u>Women:</u> Yellow            |  |  |
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