**National January 2016**

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| SUNDAY | MONDAY | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
|  |  |  |  |  | 1  Happy New Year! | 2  8:00-10:00am UT  3:30-6:00pm UT |
| 3  8:00-10:00am UT | 4  4:30-7:00pm UT | 5  5:30-7:30am UT  4:30-7:00pm UT | 6  6:00-7:30am UT (weights)  4:30-7:00pm UT | 7  **4:00-6:00pm**  **UT** | 8  6:00-7:30am UT (weights/swim)  4:30-7:00pm UT | 9  9:00am-12:00pm UT  Yoga + Swim |
| 10 | 11  4:30-7:00pm UT | 12  5:30-7:30am UT  4:30-7:00pm UT | 13  6:00-7:30am UT (weights)  4:30-7:00pm UT | 14  4:00-6:00pm  UT or  5:00-7:00pm  Riverdale | 15  **Eastern Cup** | 16  **Eastern Cup** |
| 17  **Eastern Cup** | 18  **OFF** | 19  5:30-7:30am UT  4:30-7:00pm UT | 20  6:00-7:30am UT (weights)  4:30-7:00pm UT | 21  4:00-6:00pm  UT or  5:00-7:00pm  Riverdale | 22  6:00-7:30am UT (weights/swim)  4:30-7:00pm UT | 23  9:00am-12:00pm UT  Yoga + Swim |
| 24 | 25  4:30-7:00pm UT | 26  5:30-7:30am UT  4:30-7:00pm UT | 27  6:00-7:30am UT (weights)  4:30-7:00pm UT | 28  4:00-6:00pm  UT or  5:00-7:00pm  Riverdale | 29  6:00-7:30am UT (weights/swim)  4:30-7:00pm UT | 30  7:00-10:00am UT  Yoga + Swim |
| 31 |  |  |  |  |  |  |