**National January 2016**

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| SUNDAY | MONDAY | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
|  |  |  |  |  | 1Happy New Year! | 28:00-10:00am UT3:30-6:00pm UT |
| 38:00-10:00am UT | 44:30-7:00pm UT | 55:30-7:30am UT4:30-7:00pm UT | 66:00-7:30am UT (weights) 4:30-7:00pm UT | 74:00-6:00pm UT or 5:00-7:00pmRiverdale | 86:00-7:30am UT (weights/swim) 4:30-7:00pm UT | 99:00am-12:00pm UTYoga + Swim  |
| 10 | 114:30-7:00pm UT | 125:30-7:30am UT4:30-7:00pm UT | 136:00-7:30am UT (weights) 4:30-7:00pm UT | 144:00-6:00pm UT or 5:00-7:00pmRiverdale | 15**Eastern Cup**  | 16**Eastern Cup** |
| 17**Eastern Cup** | 18**OFF** | 195:30-7:30am UT4:30-7:00pm UT | 206:00-7:30am UT (weights) 4:30-7:00pm UT | 214:00-6:00pm UT or 5:00-7:00pmRiverdale | 226:00-7:30am UT (weights/swim) 4:30-7:00pm UT | 239:00am-12:00pm UTYoga + Swim  |
| 24 | 254:30-7:00pm UT | 265:30-7:30am UT4:30-7:00pm UT | 276:00-7:30am UT (weights) 4:30-7:00pm UT | 284:00-6:00pm UT or 5:00-7:00pmRiverdale | 296:00-7:30am UT (weights/swim) 4:30-7:00pm UT | 307:00-10:00am UTYoga + Swim  |
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