

JANUARY WEIGHTLIFTING SCHEDULE – GRADE 6

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 st	2 nd	3 rd BOYS & GIRLS weightlifting 3:30 – 4:30	4 th	5 th
6 th	7 th	8 th	9 th BOYS weightlifting 3:30 – 4:30	10 th GIRLS weightlifting 3:30 – 4:30	11 th BOYS & GIRLS weightlifting 3:30 – 4:30	12 th
13 th	14 th	15 th	16 th GIRLS weightlifting 3:30 – 4:30	17 th	18 th BOYS & GIRLS weightlifting 3:30 – 4:30	19 th
20 th	21 st Mardi Gras Set-up No weightlifting	22 nd Mardi Gras Set-up No weightlifting	23 rd Mardi Gras Set-up No weightlifting	24 th Mardi Gras Set-up No weightlifting	25 th THS Mardi Gras No weightlifting	26 th THS Mardi Gras
27 th THS Mardi Gras	28 th BOYS weightlifting 3:30 – 4:30	29 th	30 th Early Release day No weightlifting	31 st	1 st (February) BOYS & GIRLS weightlifting 3:30 – 4:30	