

Core Speed 101 – Speed with Direction

FEBRUARY CALENDAR 2010

| <i>Sunday</i> | <i>Monday</i> | <i>Tuesday</i> | <i>Wednesday</i> | <i>Thursday</i> | <i>Friday</i> | <i>Saturday</i> |
|---|--|---|---|--|--|-----------------------------------|
| | 1 CC Wrestling 6:00–7 :00pm SR SAQ 8:00 – 9:00pm | 2 JR SAQ 6:00 - 7:00pm Kid Judo 6:00pm BJJ 7:00pm Muay Thai 8:00pm | 3 Strength101 5:00 – 6:00pm JR SAQ 5:00 – 6:00pm CC Wrestling 6:00 – 7:00pm SR SAQ 8:00 – 9:00pm | 4 JR SAQ 6:00 - 7:00pm BJJ 7:00pm Muay Thai 8:00pm SR SAQ 8:10 – 9:15pm | 5 Capital City Wrestling 5:00pm | 6 No Senior SAQ |
| 7 Capital City Wrestling 2:00pm | 8 SR SAQ 8:00 – 9:00pm | 9 JR SAQ 6:00 - 7:00pm Kid Judo 6:00pm BJJ 7:00pm Muay Thai 8:00pm | 10 Strength101 5:00 – 6:00pm JR SAQ 5:00 – 6:00pm CC Wrestling 6:00 – 7:00pm SR SAQ 8:00 – 9:00pm | 11 JR SAQ 6:00 - 7:00pm BJJ 7:00pm Muay Thai 8:00pm SR SAQ 8:10 – 9:15pm | 12 Capital City Wrestling 5:00pm | 13 No Senior SAQ |
| 14  Capital City Wrestling 2:00pm | 15 SR SAQ 8:00 – 9:00pm | 16 JR SAQ 6:00 - 7:00pm Kid Judo 6:00pm BJJ 7:00pm Muay Thai 8:00pm | 17 Strength101 5:00–6:00pm JR SAQ 5:00 – 6:00pm CC Wrestling 6:00 – 7:00pm SR SAQ 8:00 – 9:00pm | 18 JR SAQ 6:00 - 7:00pm BJJ 7:00pm Muay Thai 8:00pm SR SAQ 8:10 – 9:15pm | 19 Capital City Wrestling 5:00pm | 20 No Senior SAQ |
| 21 | 22 SR SAQ 8:00 – 9:00pm | 23 JR SAQ 6:00 - 7:00pm Kid Judo 6:00pm BJJ 7:00pm Muay Thai 8:00pm | 24 Strength101 5:00 – 6:00pm JR SAQ 5:00 – 6:00pm SR SAQ 8:00 – 9:00pm | 25 JR SAQ 6:00 - 7:00pm BJJ 7:00pm Muay Thai 8:00pm SR SAQ 8:10 – 9:15pm | 26 | 27 No Senior SAQ |
| 28 | March SR SAQ 8:00 – 9:00pm | 2 JR SAQ 6:00 - 7:00pm Kid Judo 6:00pm BJJ 7:00pm Muay Thai 8:00pm | 3 Strength101 5:00 – 6:00pm JR SAQ 5:00 – 6:00pm SR SAQ 8:00 – 9:00pm | 4 JR SAQ 6:00 - 7:00pm BJJ 7:00pm Muay Thai 8:00pm SR SAQ 8:10 – 9:15pm | 5 | 6 Senior SAQ 12:00 – 1:00pm |