



April



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17 OPEN MATS @ LIFE U 6:00-8:00PM	18	19 OPEN MATS @ LIFE U 6:00-8:00PM	20	21
22	23 PHYSICAL NIGHT 6:00 PM @ MHS	24 OPEN MATS @ LIFE U 6:00-8:00PM	25	26 OPEN MATS @ LIFE U 6:00-8:00PM	27	28
29	30	WEIGHT TRAINING 2:45-3:45 OPEN MATS @ LIFE U 6:00-8:00PM		WEIGHT TRAINING 2:45-3:45 OPEN MATS @ LIFE U 6:00-8:00PM		



May



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 WEIGHT TRAINING 2:45-3:45 OPEN MATS @ LIFE U 6:00-8:00PM	2	3 WEIGHT TRAINING 2:45-3:45 OPEN MATS @ LIFE U 6:00-8:00PM	4	5
6	7	8 WEIGHT TRAINING 2:45-3:45 OPEN MATS @ LIFE U 6:00-8:00PM	9	10 WEIGHT TRAINING 2:45-3:45 OPEN MATS @ LIFE U 6:00-8:00PM	11	12
13	14	15 WEIGHT TRAINING 2:45-3:45 OPEN MATS @ LIFE U 6:00-8:00PM	16	17 WEIGHT TRAINING 2:45-3:45 OPEN MATS @ LIFE U 6:00-8:00PM	18	19
20	21	22 OPEN MATS @ LIFE U 6:00-8:00PM	23	24 OPEN MATS @ LIFE U 6:00-8:00PM	25	26
27	28	29 OPEN MATS @ LIFE U 6:00-8:00PM	30	31 OPEN MATS @ LIFE U 6:00-8:00PM		

FINALS NO PRACTICE



June



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
			WEIGHT TRAINING 10:30-11:30 AM TECHNIQUE 11:30 AM-12:30 PM	WEIGHT TRAINING 10:30-11:30 AM TECHNIQUE 11:30 AM-12:30 PM OPEN MATS @ LIFE U 6:00-8:00PM	1	2 SUMMER DUALS @ ARCHER 9AM	
3	4 WEIGHT TRAINING 10:30-11:30 AM TECHNIQUE 11:30 AM-12:30 PM	5 OPEN MATS @ LIFE U 6:00-8:00PM	6 WEIGHT TRAINING 10:30-11:30 AM TECHNIQUE 11:30 AM-12:30 PM	7 WEIGHT TRAINING 10:30-11:30 AM TECHNIQUE 11:30 AM-12:30 PM OPEN MATS @ LIFE U 6:00-8:00PM	8	9 SUMMER DUALS @ BROOKWOOD 9AM	
10	11 WEIGHT TRAINING 10:30-11:30 AM TECHNIQUE 11:30 AM-12:30 PM	12 OPEN MATS @ LIFE U 6:00-8:00PM	13 WEIGHT TRAINING 10:30-11:30 AM TECHNIQUE 11:30 AM-12:30 PM	14 WEIGHT TRAINING 10:30-11:30 AM TECHNIQUE 11:30 AM-12:30 PM OPEN MATS @ LIFE U 6:00-8:00PM	15	16 SUMMER DUALS @ N. PAULDING 9:30 AM	
17	18 WEIGHT TRAINING 10:30-11:30 AM TECHNIQUE 11:30 AM-12:30 PM	19 OPEN MATS @ LIFE U 6:00-8:00PM	20	SUMMER CAMP University of Missouri			23
24	25	26	27	28	29	30	