

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																																									
	<table border="1"> <tr><td colspan="7">Jan 2019</td></tr> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td></tr> <tr><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr> <tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td></tr> <tr><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td></tr> <tr><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td></tr> </table>	Jan 2019							S	M	T	W	T	F	S			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31			<table border="1"> <tr><td colspan="7">Mar 2019</td></tr> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr> <tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr> <tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr> <tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td></tr> <tr><td>31</td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </table>	Mar 2019							S	M	T	W	T	F	S						1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31									<p>1</p> <p>*(\$)<b>Stick Mobility, Fridays @11am</b></p> <p>**<b>Hip Hop Dance, Fridays, 4-5:55pm</b></p>	<p>2</p> <p>*(\$)<b>Stick Mobility Every Saturday @10:15am in rock wall</b></p> <p>**(\$)<b>AXIAL Dance, Saturdays, 10:30-3:30</b></p>
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3	<p>4</p> <p>*(<b>\$</b>)<b>AXIAL Dance, Mondays, 4:30-7:25</b></p> <p>**(<b>\$</b>)<b>Adult Dance Conditioning, Mondays, @7:30pm (Racquetball Court)</b></p> <p>***(<b>\$</b>)<b>Line Dance, Mondays, @7:30p</b></p> <p>****<b>Snow Day Swim Make Up</b></p> <p>****<b>Student Holiday Mini Camp 8-3</b></p>	<p>5</p> <p>**(<b>\$</b>)<b>G. Yoga, Tuesdays @1:30pm</b></p>	<p>6</p> <p>***(<b>\$</b>)<b>Tai Chi, every Wednesday @6:45pm</b></p>	7	8	<p>9</p> <p><b>**FREE Hydrofit</b></p> <p>*<b>Virginia Northern Region HS Swim Champs @Oak Marr</b></p>																																																																																																									
<p>10</p> <p><b>Presidents' Day Classic @GMU Freedom Center</b></p>	<p>11</p> <p><b>Winter Swim Session B starts</b></p>	<p>12</p> <p><b>FREE Group Fitness Buddy Day</b></p>	<p>13</p> <p><b>Muscle of the Month: Abs @7pm</b></p>	<p>14</p> <p><b>FREE Hydrofit</b></p>	15	<p>16</p> <p><b>**Virginia State HS Swim Champs @GMU</b></p> <p><b>*Kid's Nite Out 4-8pm</b></p>																																																																																																									
<p>17</p> <p><b>Snow Day Swim Make up</b></p>	<p>18</p> <p><b>**No Swim Lessons</b></p> <p><b>*Presidents Day Mini Camp</b></p>	<p>19</p> <p><b>Muscle of the Month: Abs @10am</b></p>	<p>20</p> <p><b>FREE Weight Room Buddy Day</b></p>	<p>21</p> <p><b>Winter Swim Session B starts</b></p>	<p>22</p> <p><b>NCAP Winter Qualifier Swim Meet @WARF (Warrenton)</b></p>	<p>23</p> <p><b>**NCAP Winter Qualifier Swim Meet @WARF (Warrenton)</b></p> <p><b>*Winter Swim Session B starts</b></p>																																																																																																									
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