

# February 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 <i>6:45 am—throwing</i> <i>3-350—Lifting</i>	2	3 <i>3-350—Lifting</i>	4	5
6	7	8 <i>6:45 am—throwing</i> <i>3-350—Lifting</i>	9	10 <i>3-350—Lifting</i>	11	12
13	14	15 <i>6:45 am—throwing</i> <i>3-350—Lifting</i>	16	17 <i>3-350—Lifting</i>	18	19
20	21	22 <i>6:45 am—throwing</i> <i>3-350—Lifting</i>	23	24 <i>3-350—Lifting</i>	25	26
27	28					