



FEBRUARY 2019



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---|--|---|--|--|------------------------------------|
| 27 | 28 | 29 | 30 January at Middleburg 4:30pm | 31 Stretch / Mobility BWL - 4pm Olympic Lifts / Squats | 1 No Practice Stretch / Mobility | 2 Groundhog Day TFJLLC 10 am |
| 3 | 4 BWL - Bench in Class BWL - 4pm Olympic Lifts / Squats | 5 Stretch / Mobility in Class BWL - 4pm Olympic Lifts / Squats | 6 BWL - Bench in Class Open - No Meet BWL Team Photo at 2:45 Courtyard BWL = 3-4:30 pm | 7 Stretch / Mobility GWL STATE 4-5 pm Training | 8 BWL - Bench in Class Panama City Bch, No Practice | 9 NO CLUB Arnold HS |
| 10 | 11 BWL - Bench in Class BWL - 4pm Olympic Lifts / Squats | 12 Stretch / Mobility in Class BWL - 4pm Olympic Lifts / Squats | 13 Stretch / Mobility in Class County / Conf. @ Pedro Bus @ 1:00 pm | 14 Valentine's Day Stretch / Mobility in Class BWL - 4pm Olympic Lifts / Squats | 15 BWL - Bench in Class No Practice | 16 NO CLUB |
| 17 | 18 Presidents' Day No School BWL Practice 10:00 AM | 19 Stretch / Mobility in Class BWL - 4pm Olympic Lifts / Squats 5:30 - 7:30 CLUB | 20 Stretch / Mobility in Class Fleming Invite Bus @ 1:30 pm | 21 Stretch / Mobility in Class BWL - 4pm Olympic Lifts / Squats 5:30 - 7:30 CLUB | 22 BWL - Bench in Class No Practice | 23 TFJLLC at Savannah |
| 24 | 25 BWL - Bench in Class BWL - 4pm Olympic Lifts / Squats | 26 Stretch / Mobility in Class BWL - 4pm Olympic Lifts / Squats 5:30 - 7:30 CLUB | 27 Stretch / Mobility in Class at Flagler PC Bus @ 3:00 pm | 28 Stretch / Mobility in Class BWL - 4pm Olympic Lifts / Squats 5:30 - 7:30 CLUB | 1 BWL - Bench in Class No Practice | 2 10 am - 12 noon CLUB |

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| 3 | 4 | January 2019 | | | | | | | March 2019 | | | | | | | Calendars by Vertex42.com © 2017 Vertex42 LLC. Free to print. Printable Calendars 2019 Templates 2020 Templates | |
| | | S | M | T | W | T | F | S | S | M | T | W | T | F | S | | |
| | | | 1 | 2 | 3 | 4 | 5 | | | | | | 1 | 2 | | | |
| | | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | | |
| | | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | | |
| | | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | | |
| | | 27 | 28 | 29 | 30 | 31 | | | 24 | 25 | 26 | 27 | 28 | 29 | 30 | | |
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