



JANUARY 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2 4:00 – 5:00 - FS 5:00 – 6:00 – FS 6:00 – 6:50 – LTS	3 3:30 – 4:30 – FS 4:30 – 5:20 - FS 5:20 – 5:50 –LOW FS	4 NO SKATING	5 NO SKATING
6 NO SKATING	7	8	9 4:00 – 5:00 - FS 5:00 – 6:00 – FS 6:00 – 6:50 – LTS	10 3:30 – 4:30 – FS 4:30 – 5:20 - FS 5:20 – 5:50 –LOW FS	11 4:00 – 4:50 – FS 5:00 – 5:50 – FS	12 8:30 – 9:30 FS 9:30 – 10:30 FS 10:30 – 11:20 FS 11:30 – 12:00 HIGH Style 12:00 – 12:30 LOW Style 12:30 – 12:50 Stroking – HIGH & LOW
13 10:00-11:00 – FS 11:00-11:50 – FS 12:00-12:50 – FS	14	15	16 4:00 – 5:00 - SA 5:00 – 6:00 – FS 6:00 – 6:50 – LTS	17 3:30 – 4:30 – FS 4:30 – 5:20 - FS 5:20 – 5:50 –LOW FS	18 4:00 – 4:50 – FS 5:00 – 5:50 – FS	19 8:30 – 9:30 FS 9:30 – 10:30 FS 10:30 – 11:20 FS 11:30 – 12:00 HIGH Style 12:00 – 12:30 LOW Style 12:30 – 12:50 Stroking – HIGH & LOW
20 10:00-11:00 – FS 11:00-11:50 – FS 12:00-12:50 – FS	21	22	23 4:00 – 5:00 - FS 5:00 – 6:00 – FS 6:00 – 6:50 – LTS	24 3:30 – 4:30 – FS 4:30 – 5:20 - FS 5:20 – 5:50 –LOW FS	25 4:00 – 4:50 – FS 5:00 – 5:50 – FS	26 8:30 – 9:30 FS 9:30 – 10:30 FS 10:30 – 11:20 FS 11:30 – 12:00 HIGH Style 12:00 – 12:30 LOW Style 12:30 – 12:50 Stroking – HIGH & LOW
27 10:00-11:00 – FS 11:00-11:50 – FS 12:00-12:50 – FS	28	29	30 4:00 – 5:00 - FS 5:00 – 6:00 – FS 6:00 – 6:50 – LTS	31 3:30 – 4:30 – FS 4:30 – 5:20 - FS 5:20 – 5:50 –LOW FS		<i>Revised 12/17/18</i>

