



January 2019 Timetable

Mon	Tue	Wed	Thu	Fri	Sat	Sun
7 TCC 6:15am Strength & Cond Culcairn 6:15pm R.I.P. 7:30pm Strength & Cond	8 Culcairn 6:30am Express session	9 TCC 6:15am Meta Boost Culcairn 6:30pm Wednesday Workout	10 Culcairn 6:30am Meta Boost	11 TCC 6:15am Strength & Conditioning	12	13
14 TCC 6:15am Strength & Cond Culcairn 6:15pm R.I.P. 7:30pm Strength & Cond	15 Culcairn 6:30am Express session	16 TCC 6:15am Meta Boost Culcairn 6:30pm Wednesday Workout	17 Culcairn 6:30am Meta Boost	18 TCC 6:15am Strength & Conditioning	19	20
21 TCC 6:15am Strength & Cond Culcairn 6:15pm Boxing 7:30pm Strength & Cond	22 Culcairn 6:30am Express session	23 TCC 6:15am Meta Boost Culcairn 6:30pm Wednesday Workout	24 Culcairn 6:30am Meta Boost	25 TCC 6:15am Strength & Conditioning	26	27
28 No Sessions	29 Culcairn 6:30am Express session	30 TCC 6:15am Meta Boost Culcairn 6:30pm Wednesday Workout	31 Culcairn 6:30am Meta Boost	1 TCC 6:15am Boxing	2	3
4 TCC 6:15am Strength & Cond Culcairn 6:15pm R.I.P. 7:30pm Strength & Restore	5 Culcairn 6:30am Express session	6 30 TCC 6:15am Meta Boost Culcairn 6:30pm Strength & Restore	7 Culcairn 6:30am Meta Boost	8 TCC 6:15am Strength & Restore	9	10