<table>
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<tr>
<th>Sun</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Sat</th>
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</thead>
</table>
| 3rd | **Total Fitness** 10am-1pm  
**Athletics**  
M. Bkb: 12-2p/7-9p  
Wm. Bkb: 10-12p  
Swim  
Wres: 6-8pm  
**Jtw Jackals Scrimmage 2-7pm** | 4th | **Total Fitness Regular Spring Schedule**  
**Athletics**  
M. Bkb: 10-12p/7-9p  
Wm. Bkb: 3-5p  
Swim  
Wres: Noon-3 | 5th | **Total Fitness Regular Spring Schedule**  
**Athletics**  
M. Bkb: 12:30-3p/7-9p  
Wm. Bkb: 3-5p  
Swim  
Wres: Noon-3 | 6th | **Total Fitness Regular Spring Schedule**  
**Athletics**  
M. Bkb: 7-9p  
Wm. Bkb: 3-5p  
Swim  
Wres: Noon-3  
**Judo 6-8p**  
**Jtw Jackals Game 7pm** | 7th | **Total Fitness Regular Spring Schedule**  
**Athletics**  
M. Bkb: 11:30-12:30p/Away  
Wm. Bkb: Away  
Swim  
Wres: Noon-3  
**Judo 6-8p**  
**Jtw Jackals Game 8pm** | 8th | **Total Fitness Regular Spring Schedule**  
**Athletics**  
M. Bkb: 1-3p  
Wm. Bkb: 3-5p  
Alumni game 1-3pm  
Swim  
Wres:  
**Judo 9-11am**  
**HS Bkb Games 6 & 8pm Clymer**  
**Judo 9-11am** |
| 10th | **Total Fitness Regular Spring Schedule**  
**Athletics**  
M. Bkb: H 2pm  
Wm. Bkb: H Noon  
Swim  
Wres: | 11th | **TF Classes:**  
Yoga: MP Room 4:30p  
H2O Aerobics 7:30p  
**Athletics**  
M. Bkb: 10-12p/7-9p  
Wm. Bkb: 3-5p  
Swim  
Wres: Noon-3 | 12th | **TF Classes:**  
Pilates: MP Room 5:30p  
Toning: MP room  
**Athletics**  
M. Bkb: H 7:30p  
Wm. Bkb: H 5:30p  
Swim  
Wres: Noon-3 | 13th | **Classroom: CPR Class 1-4pm**  
**Athletics**  
M. Bkb: 10-12p/7-9p  
Wm. Bkb: 3-5p  
Swim  
Wres: Noon-3pm  
**Judo 6-8p**  
**Jtw Jackals Game 8pm** | 14th | **Athletics**  
M. Bkb: 10-12p/7-9p  
Wm. Bkb: 3-5p  
Swim  
Wres: Noon-3  
**Judo 6-8p**  
**Jtw Jackals Game 8pm** | 15th | **Athletics**  
M. Bkb: 10-12p  
Wm. Away  
Swim  
Wres: Noon-3  
**Judo 9-11am**  
**HS Bkb Games 6 & 8pm Clymer**  
**Judo 9-11am** |
| 17th | **Athletics**  
M. Bkb: Away  
Swim  
Wres: | 18th | **MLK Day**  
**TF Classes:**  
Yoga: MP Room 4:30p  
H2O Aerobics 7:30p  
**Athletics**  
M. Bkb: 10-12p/7-9p  
Wm. Bkb: off  
Swim  
Wres: | 19th | **Classes Begin!**  
**Athletics**  
M. Bkb: 5-7p  
Wm. Bkb: 3-5p  
Swim  
Wres:  
**Judo 6-8p**  
**Jtw Jackals Game 8pm** | 20th | **Athletics**  
M. Bkb: 5-7p  
Wm. Bkb: Away  
Swim  
Wres: Noon  
**Judo 6-8p**  
**Jtw Jackals Game 8pm** | 21st | **Athletics**  
M. Bkb: 1-3p  
Wm. Bkb: 3-5p  
Swim  
Wres:  
**Judo 9-11am**  
**Jtw Jackals Game 6pm** | 22nd | **Athletics**  
M. Bkb: 11-1p  
Wm. Bkb: 9-11a  
Swim  
Wres:  
**Judo 9-11am** |
| 24th | **Athletics**  
M. Bkb: off  
Wm. Bkb: 10-12p  
Swim  
Wres:  
**Jtw Jackals Game 6pm** | 25th | **TF Classes:**  
Yoga: MP Room 4:30p  
H2O Aerobics 7:30p  
**Athletics**  
M. Bkb: 5-7p  
Wm. Bkb: 3-5p  
Swim  
Wres:  
**Judo 6-8p**  
**Jtw Jackals Game 6pm** | 26th | **Athletics**  
M. Bkb: H 7:30p  
Wm. Bkb: H 5:30p  
Swim  
Wres:  
**Judo 6-8p**  
**Jtw Jackals Game 6pm** | 27th | **Athletics**  
M. Bkb: H 7:30p  
Wm. Bkb: H 5:30p  
Swim  
Wres:  
**Judo 6-8p**  
**Jtw Jackals Game 6pm** | 28th | **Athletics**  
M. Bkb: 3-5p  
Wm. Bkb: 1-3p  
Swim  
Wres:  
Set-up for Wres tournament | 29th | **Athletics**  
M. Bkb: Away  
Wm. Bkb: Away  
Swim  
Wres: Dual meet 7pm: Set-up 2:30pm  
**Judo 9-11am**  
**HS Bkb Games 10:30 & 12:30pm (Westfield vs. MG)**  
**Judo 9-11am** | 30th | **Athletics**  
M. Bkb: Away  
Wm. Bkb: Away  
Swim  
Wres:  
**Judo 9-11am** |
<table>
<thead>
<tr>
<th>Date</th>
<th>Athletics M. Bkb: Wm. Bkb: Swim Wres:</th>
<th>31st</th>
<th>2nd</th>
<th>3rd</th>
<th>4th</th>
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<tr>
<td>Feb 1st</td>
<td><strong>TF Classes:</strong> Yoga: MP Room 4:30p H2O Aerobics 7:30p</td>
<td>Athletics M. Bkb: Wm. Bkb: Swim Wres:</td>
<td><strong>JUDO 6-8p</strong></td>
<td><strong>Judo 6-8p</strong></td>
<td>HS Bkb Games Frews 6&amp;7:30p</td>
<td><strong>Judo 9-11am</strong></td>
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<td></td>
<td>Athletics M. Bkb: Wm. Bkb: Swim Wres:</td>
<td><strong>Open Tourn. All day</strong></td>
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<td>8th</td>
<td><strong>TF Classes:</strong> Yoga: MP Room 4:30p H2O Aerobics 7:30p</td>
<td>Athletics M. Bkb: Wm. Bkb: Swim Wres:</td>
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<td>9th</td>
<td>Athletics M. Bkb: Wm. Bkb: Swim Wres:</td>
<td><strong>Judo 6-8p</strong></td>
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<td>10th</td>
<td>Athletics M. Bkb: Wm. Bkb: Swim Wres:</td>
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<td>11th</td>
<td>Athletics M. Bkb: Wm. Bkb: Swim Wres:</td>
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<td>12th</td>
<td>Athletics M. Bkb: Wm. Bkb: Swim Wres:</td>
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<td>13th</td>
<td>Athletics M. Bkb: Wm. Bkb: Swim Wres:</td>
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<td>14th</td>
<td>HS Wres Sectionals: TBA</td>
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