

February

THE COAST CLUB



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 Extra Friday Training	3
4	5	6	7	8	9 Extra Friday Training	10
11	12	13	14	15	16 Extra Friday Training	17
18	19	20	21	22	23 Extra Friday Training	24 BC winter games
25 BC winter games	26	27	28	29		

RED = NO TRAINING
 BLUE = TRAINING DAY

GOLD = CONTEST DAY
 PURPLE = TRAINING CAMP OR ANYTHING ELSE

