

LAND TRAINING SCHEDULE JANUARY

DAY	MONDAY		TUESDAY	WEDNESDAY			THURSDAY	FRIDAY	SATURDAY		SUNDAY
TIME	6PM	7PM	6PM	6AM	6PM	7PM	7PM	6PM	10AM	11AM	OFF
BUBBLE	3, 4, 4a, 5	2, 6, 7, 7a masters	13, 14, 15	2, 3, 4, 4a, 5, 6, masters	3, 4, 4a, 5	2, 6, 7, 7a masters	3, 4, 4a, 5	13, 14, 15	13, 14, 15	2, 6, 7, 7a masters	OFF