

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 PACE Character Trait of the Month is FAIRNESS	31 Roller Training 4:00pm	1 New Year's Day Roller Training 4:00pm HAPPY NEW YEAR!!	2 Roller Training 4:00pm	3 Roller Training 4:00pm Whole Group Women's Yoga & Leadership 5:30-7:00pm	4 Roller Training 4:30pm Bball 6:00-8:00pm Adult & Varsity	5 10:00-12:00 Bball Roller Training 1pm
6 Indoor T&F Group	7 Roller Training 6:30pm	8 Roller Training 4:00pm Strength & Conditioning 6:30-7:30pm	9 Roller Training 6:45pm	10 Whole Group Women's Yoga & Leadership 5:30-7:00pm	11 Roller Training 4:30pm Bball 6:00-8:00pm Adult & Varsity	12 10:00-12:00 Bball Roller Training 1pm
13 Indoor T&F Group	14 Roller Training 6:30pm	15 Roller Training 4:00pm Strength & Conditioning 6:30-7:30pm	16 Roller Training 6:30pm	17 Roller Training 4:00pm Whole Group Women's Yoga & Leadership 5:30-7:00pm	18 Roller Training 4:30pm Bball 6:00-8:00pm Adult & Varsity	19 10:00-12:00 Bball Go Baby Go 12-1pm Roller Training 1:15pm
20 Roller Training 1pm Indoor T&F Group	21 ML King Day Roller Training 3:00pm	22 Roller Training 4:00pm Strength & Conditioning 6:30-7:30pm	23 Roller Training 4:00pm	24 Roller Training 4:00pm Whole Group Women's Yoga & Leadership 5:30-7:00pm	25 Varsity to San Fran Bball 6:00-8:00pm Adult & Varsity	26 10:00-12:00 Bball Roller Training 1pm
27 Indoor T&F Group	28	29 Roller Training 4:00pm Strength & Conditioning 6:30-7:30pm	30 Roller Training 6:30pm	31 Roller Training 4:00pm NO Yoga	1 Bball 6:00-8:00pm Adult & Varsity	2 Groundhog Day NO BBALL Pairing with ParaSport Fundraiser!
3 Roller Training 1pm Indoor T&F Group	4	December '18 S M T W Th F Sa 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	February '19 S M T W Th F Sa 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28	Upcoming Feb 2nd - Pairing With ParaSport Auction! Feb 9th - Go Baby Go Feb 15-17 - Tacoma Tourney -All Teams Mar 1-3 - Varsity West Coast Conference -Seattle		Training Site 10210 E 9th Ave Spokane WA Enter off of Herald