

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>24</b> PACE Character Trait of the Month is DILIGENCE	<b>25</b> Roller Training 6:30pm	<b>26</b> Strength & Conditioning 6:30-7:30pm	<b>27</b> Roller Training 6:45pm	<b>28</b> State B Demo No Women's Group	<b>1</b> NO BBALL Depart for West Coast Conference	<b>2</b> NO BBALL West Coast Conference Seattle	
<b>3</b> West Coast Conference Seattle	<b>4</b> Roller Training 6:30pm	<b>5</b> Strength & Conditioning 6:30-7:30pm	<b>6</b> Roller Training 6:45pm	<b>7</b> Roller Training 6:30pm Whole Group Women's Yoga & Leadership 5:30-7:00pm	<b>8</b> Roller Training 4:30pm Bball 6:00-8:00pm Adult & Varsity	<b>9</b> No Men's Group NO BBALL EWU Tourney No Roller Training	
<b>10</b> Daylight Saving EWU Tourney TBD Indoor T&F Group	<b>11</b>	<b>12</b> Roller Training 5:00pm Strength & Conditioning 6:30-7:30pm	<b>13</b> Roller Training 6:30pm	<b>14</b> Roller Training 6:30pm Whole Group Women's Yoga & Leadership 5:30-7:00pm	<b>15</b> Roller Training 4:30pm NO BBALL No VCS ACCESS	<b>16</b> NO BBALL No Men's Group No VCS ACCESS	
<b>17</b> Bball 5:30-7:00 Indoor T&F Group	<b>18</b> Roller Training 6:30pm	<b>19</b> Roller Training 5:00pm Strength & Conditioning 6:30-7:30pm	<b>20</b> TSL Scrimmage 5:45pm	<b>21</b> Roller Training 6:30pm Whole Group Women's Yoga & Leadership 5:30-7:00pm	<b>22</b> Roller Training 4:30pm Bball 6:00-8:00pm Adult & Varsity	<b>23</b> Men's Leadership 9:00 10:00-12:00 Bball Go Baby Go 12-1 Roller Training 1:30	
<b>24</b> Indoor T&F Group	<b>25</b>	<b>26</b> Roller Training 5:00pm Strength & Conditioning 6:30-7:30pm	<b>27</b> Varsity & Women's Teams Depart	<b>28</b> No Women's Yoga NWBA Tourney	<b>29</b> NO BBALL Women's & Junior NWBA Tourney	<b>30</b> NO BBALL No Men's Group Women's & Junior NWBA Tourney	
<b>31</b> Indoor T&F Group Teams Return from Women's & Junior NWBA Tourney	<b>1</b> April Fool's Day Bloomsday TBD	<b>February '19</b> 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		<b>April '19</b> 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		<b>Upcoming</b> Bloomsday Training -TBD VanKuren Cheney Track Meet 4/13 Junior Bloomsday/Prolog 5/4 Bloomsday 5/5	<b>Training Site</b> 10210 E 9th Ave Spokane WA Enter off of Herald