

# December Team Training

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30 9:30-10:30am <b>Base</b> (Natalya) 6:00-7:00pm <b>Build</b> (Natalya)	1	2 9:30-10:30am <b>Base</b> (Natalya) 6:00-7:00pm <b>Burn</b> (Natalya)	3	4 9:30-10:30am <b>Build</b> (Natalya)
5	6	7 9:30-10:30am <b>Base</b> (Natalya) 6:00-7:00pm <b>Build</b> (Natalya)	8	9 9:30-10:30am <b>Base</b> (Natalya) 6:00-7:00pm <b>Burn</b> (Natalya)	10	11
12	13	14 9:30-10:30am <b>Base</b> (Natalya) 6:00-7:00pm <b>Build</b> (Natalya)	15	16 9:30-10:30am <b>Base</b> (Natalya) 6:00-7:00pm <b>Burn</b> (Natalya)	17	18 9:30-10:30am <b>Burn</b> (Natalya)
19	20	21 9:30-10:30am <b>Base</b> (Natalya) 6:00-7:00pm <b>Build</b> (Natalya)	22	23 9:30-10:30am <b>Base</b> (Natalya) 6:00-7:00pm <b>Burn</b> (Natalya)	24	25 <b>X-mas Day</b>
26	27	28	29	30	31	1 <b>New Years Day</b>