

January 2015

7

8

9

10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
7:00	7:00	7:00	7:00
15	15	15	15
20	20	20	20
45	45	45	45
8:00	8:00	8:00	8:00
15	15	15	15
20	20	20	20
45	45	45	45
9:00	9:00	9:00	9:00
15	15	15	15
20	20	20	20
45	45	45	45
10:00	10:00	10:00	10:00
15	15	15	15
20	20	20	20
45	45	45	45
11:00	11:00	11:00	11:00
15	15	15	15
20	20	20	20
45	45	45	45
12:00	12:00	12:00	12:00
15	15	15	15
20	20	20	20
45	45	45	45
1:00	1:00	1:00	1:00
15	15	15	15
20	20	20	20
45	45	45	45
2:00	2:00	2:00	2:00
15	15	15	15
20	20	20	20
45	45	45	45
3:00	3:00	3:00	3:00
15	15	15	15
20	20	20	20
45	45	45	45
4:00	4:00	4:00	4:00
15	15	15	15
20	20	20	20
45	45	45	45
5:00	5:00	5:00	5:00
15	15	15	15
20	20	20	20
45	45	45	45
6:00	6:00	6:00	6:00
15	15	15	15
20	20	20	20
45	45	45	45
7:00	7:00	7:00	7:00
15	15	15	15
20	20	20	20
45	45	45	45
8:00	8:00	8:00	8:00
15	15	15	15
20	20	20	20
45	45	45	45

January 2015

11

12

13

FRIDAY	SATURDAY	SUNDAY
7:00	7:00	7:00
15	15	15
20	20	20
45	45	45
8:00	8:00	8:00
15	15	15
20	20	20
45	45	45
9:00	9:00	9:00
15	15	15
20	20	20
45	45	45
10:00	10:00	10:00
15	15	15
20	20	20
45	45	45
11:00	11:00	11:00
15	15	15
20	20	20
45	45	45
12:00	12:00	12:00
15	15	15
20	20	20
45	45	45
1:00	1:00	1:00
15	15	15
20	20	20
45	45	45
2:00	2:00	2:00
15	15	15
20	20	20
45	45	45
3:00	3:00	3:00
15	15	15
20	20	20
45	45	45
4:00	4:00	4:00
15	15	15
20	20	20
45	45	45
5:00	5:00	5:00
15	15	15
20	20	20
45	45	45
6:00	6:00	6:00
15	15	15
20	20	20
45	45	45
7:00	7:00	7:00
15	15	15
20	20	20
45	45	45
8:00	8:00	8:00
15	15	15
20	20	20
45	45	45

NOTES

DECEMBER 2012

S	M	T	W	T	F	S
						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					

JANUARY 2013

S	M	T	W	T	F	S
						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 2013

S	M	T	W	T	F	S
						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						

MARCH 2013

S	M	T	W	T	F	S
						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					