

# FEBRUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Workout A 2:30-4pm 	2 OFF	3 Workout B 2:30-4 	4 OFF	5 A Day - Recovery	6
7 	8 Workout A 2:30-4pm 	9 OFF Course Selection Kick off in AAC	10 Workout B 2:30-4 	11 OFF Course Selection Kick off in AAC	12 B Day - OFF	13 Club – St. Louis (3 day) 
14 Club  Valentine's Day	15 Workout A 2:30-4pm  Presidents' Day	16 OFF	17 Workout B 2:30-4 	18 OFF Senior scholarship meeting AAC	19 A day - Recovery	20
21 	22 Workout A 2:30-4pm 	23 OFF	24 Workout B 2:30-4 	25 OFF	26 B day - OFF	27 Club – Ozark AAO 
28						
						