

Get Out! Durango – January Training

Mon	Tue	Wed	Thu	Fri	Sat	Sun
27	28	29	30	31	Jan 1	2
3	4	5	6	7	8	9
4:30 Sports Conditioning : Core Value	4:30p Trail Run : The Rock Lounge	12p GO! Adventure : Nordic Ski 5:30p Sports Yoga : Core Value	4:30p Trail Run : The Rock Lounge			
10	11	12	13	14	15	16
4:30 Sports Conditioning : Core Value 6p GO! Team Event: Burger 'Nite'	4:30p Trail Run : The Rock Lounge	12p GO! Adventure : Nordic Ski 5:30p Sports Yoga : Core Value	4:30p Trail Run : The Rock Lounge			9 GO! Adventure : Snowshoe
17	18	19	20	21	22	23
4:30 Sports Conditioning : Core Value	4:30p Trail Run : The Rock Lounge	12p GO! Adventure : Nordic Ski 5:30p Sports Yoga : Core Value	4:30p Trail Run : The Rock Lounge		9 GO! Adventure : Tour de Ski	11 FLC Group Road Ride : Bread
24	25	26	27	28	29	30
4:30 Sports Conditioning : Core Value		5:30p Sports Yoga : Core Value	6p Cardio & Weights : Rec Center		11 FLC Group Road Ride : Bread	11 FLC Group Road Ride : Bread
31	Feb 1	2	3	4	5	6
4:30 Sports Conditioning : Core Value						