

January 2017

Fort Bragg - MASP On-Site Coordinators:

Robyn Womac | 512-818-1528

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
1		2		3		4		5		6		7	
				TRX/Couch to 5K Cycling Archery Art		Rowing/HIIT Adventures in Agriculture Aquatics/Laps Strength Training Project Art Cooking Spin / Yoga / Mobility		Sled Hockey Cycling Archery Art		Sled Hockey Aquatics Lap Swim Wheelchair Basketball			
8		9		10		11		12		13		14	
		Rowing/HIIT Aquatics Srength Training Spin Yoga & Mobility Sleep Hygiene Meditation		TRX/Couch to 5K Cycling Archery Art		Rowing/HIIT Adventures in Agriculture Aquatics/Laps Strength Training Project Art Cooking Spin / Yoga / Mobility		Sled Hockey Cycling Archery Art		DONSA			
15		16		17		18		19		20		21	
		MLK Day		TRX/Couch to 5K Cycling Archery Art		Rowing/HIIT Adventures in Agriculture Aquatics/Laps Strength Training Project Art Cooking Spin / Yoga / Mobility		Sled Hockey Cycling Archery Art		Sled Hockey Aquatics Lap Swim Wheelchair Basketball			
22		23		24		25		26		27		28	
		Rowing/HIIT Aquatics Srength Training Spin Yoga & Mobility Sleep Hygiene Meditation		TRX/Couch to 5K Cycling Archery Art Wheelchair Basketball Tourney		Rowing/HIIT Adventures in Agriculture Aquatics/Laps Strength Training Project Art Cooking Spin / Yoga / Mobility		Sled Hockey Cycling Archery Art		Sled Hockey Aquatics Lap Swim Wheelchair Basketball			
29		30		31									
		Rowing/HIIT Aquatics Srength Training Spin Yoga & Mobility Sleep Hygiene Meditation		TRX/Couch to 5K Cycling Archery Art									