

National
Self-Defense
Awareness Month

2013

January

Locations

Training Solutions Location
St. Johns Military Academy
Beaver Lake

ID=Indoors OD=Outdoors

S M T W T F S

30	31	1 New Years Day	2	3	4	5
6	7 8:00 AM Tai Chi ID 6:30 PM Cardio ID	8 7:00 AM Yoga ID	9 6:00 AM Bands ID 11:00 AM Paddle Board ID 5:30 PM Yoga ID 6:30 AM Strength ID	10 12:00 PM Bands ID 7:00 PM Lifting ID	11	12 10:30 Cycling ID
13	14 8:00 AM Tai Chi ID 6:30 PM Cardio ID	15 7:00 AM Yoga ID	16 6:00 AM Bands ID 11:00 AM Paddle Board ID 5:30 PM Yoga ID 6:30 AM Strength ID	17 12:00 PM Bands ID 7:00 PM Lifting ID	18	19
20	21 8:00 AM Tai Chi ID 6:30 PM Cardio ID	22 7:00 AM Yoga ID	23 6:00 AM Bands ID 11:00 AM Paddle Board ID 5:30 PM Yoga ID 6:30 AM Strength ID	24 12:00 PM Bands ID 7:00 PM Lifting ID	25	26
27	28 8:00 AM Tai Chi ID 6:30 PM Cardio ID	29 7:00 AM Yoga ID	30 6:00 AM Bands ID 11:00 AM Paddle Board ID 5:30 PM Yoga ID 6:30 AM Strength ID	31 12:00 PM Bands ID 7:00 PM Lifting ID	1	2