


2019

BROWN CITY FOOTBALL

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"THERE IS NO SUBSTITUTE FOR STRENGTH,
AND NO EXCUSE FOR LACK OF IT"

JANUARY

SUN	MON	TUE	WED	THU	FRI	SAT
6	7 WORKOUT 3:15-4:30pm	8 WORKOUT 3:15-4:30pm	9	10 WORKOUT 3:15-4:30pm	11	12
13	14 WORKOUT 3:15-4:30pm	15 WORKOUT 3:15-4:30pm	16	17 NO WORKOUTS EXAMS		18 19
20	21 WORKOUT 3:15-4:30pm	22 WORKOUT 3:15-4:30pm	23 SEMINAR MEET W/ COACH (SIGN-UP)	24 WORKOUT 3:15-4:30pm	25	26
27	28 WORKOUT 3:15-4:30pm	29 WORKOUT 3:15-4:30pm	30 SEMINAR MEET W/ COACH (SIGN-UP)	31 WORKOUT 3:15-4:30pm		



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FEBRUARY

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SUN	MON	TUE	WED	THU	FRI	SAT
3	4 WORKOUT 3:15-4:30pm	5 WORKOUT 3:15-4:30pm	6 SEMINAR MEET W/ COACH (SIGN-UP)	7 WORKOUT 3:15-4:30pm	8	9
10	11 WORKOUT 3:15-4:30pm	12 WORKOUT 3:15-4:30pm	13 SEMINAR MEET W/ COACH (SIGN-UP)	14 WORKOUT 3:15-4:30pm	15	16
17	18 WORKOUT 3:15-4:30pm	19 WORKOUT 3:15-4:30pm	20 SEMINAR MEET W/ COACH (SIGN-UP)	21 WORKOUT 3:15-4:30pm	22	23
24	25 WORKOUT 3:15-4:30pm	26 WORKOUT 3:15-4:30pm	27 SEMINAR MEET W/ COACH (SIGN-UP)	28 WORKOUT 3:15-4:30pm		



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