

◀ February		~ March 2012 ~						April ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat		
				1 Session 1 Class 8 Graduation! Ropes Pistols K2B T2B C2B	2	3 Session 2 Class 4 Front Squat Review Snatch Overhead Squat HRPU		
4	5 Session 1 Class 1 Deadlift Air squat Box Jump Rowing	6	7 Session 2 Class 5 Snatch/OHS Review Back Squat Pull-ups	8 Session 1 Class 2 Deadlift Review Press/Push Press Kettle Bells Wallballs	9	10 Session 1 Class 6 Back Squat Review Clean and Jerk		
11	12 Session 1 Class 3 Press/PP Review Front Squat Thruster Sit-ups Double Unders	13	14 Session 2 Class 7 Clean & Jerk Review SDHP HSPU Rings = Push-ups and Dips	15 Session 1 Class 4 Front Squat Review Snatch Overhead Squat HRPU	16	17 Session 2 Class 8 Graduation! Ropes Pistols K2B T2B C2B		
18	19 Session 1 Class 5 Snatch/OHS Review Back Squat Pull-ups	20	21 Session 2 Class 1 Deadlift Air squat Box Jump Rowing	22 Session 1 Class 6 Back Squat Review Clean and Jerk	23	24 Session 2 Class 2 Deadlift Review Press/Push Press Kettle Bells Wallballs		
25	26 Session 1 Class 7 Clean & Jerk Review SDHP HSPU Rings = Push-ups and Dips	27	28 Session 2 Class 3 Press/PP Review Front Squat Thruster Sit-ups Double Unders	29 Session 1 Class 8 Graduation! Ropes Pistols K2B T2B C2B	30	31 Session 2 Class 4 Front Squat Review Snatch Overhead Squat HRPU		