

# May

2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10 Wrestling Interest Meeting	11
12	13	14 Wrestling Open Mat 3:30 – 4:30	15 Wrestling Open Mat 3:30 – 4:30	16	17	18
19	20	21 **Wrestling Open Mat 3:30 – 4:30	22 **Wrestling Open Mat 3:30 – 4:30	23	24	25
26	27 Weight lifting 1:00 – 3:00	28 Open Mat 1:00 – 3:00	29 Weight lifting 1:00 – 3:00	30 Open Mat 1:00 – 3:00	31	

# June

2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Weight Lifting 1:00 – 3:00	4 Open Mat 1:00 – 3:00	5 Wrestling Camp @ Screven Co. 7:30 – 12:00	6 Wrestling Camp @ Screven Co. 7:30 – 12:00	7 Wrestling Camp @ Screven Co. 7:30 – 12:00	8
9	10 Weight Lifting 1:00 – 3:00	11 Open Mat 1:00 – 3:00	12 Weight Lifting 1:00 – 3:00	13 Open Mat (NH & Eff. Co.) 1:00 – 3:00	14	15
16	17 Weight Lifting 1:00 – 3:00	18 Open Mat 1:00 – 3:00	19 Weight Lifting 1:00 – 3:00	20 Open Mat (NH & Eff. Co.) 1:00 – 3:00	21	22
23	24 Weight Lifting 1:00 – 3:00	25 Open Mat 1:00 – 3:00	26 Weight Lifting 1:00 – 3:00	27 Open Mat (NH & Eff. Co.) 1:00 – 3:00	28	29
30						

# July

2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<sup>1</sup> GHSA OFF WEEK	<sup>2</sup> GHSA OFF WEEK	<sup>3</sup> GHSA OFF WEEK	<sup>4</sup> GHSA OFF WEEK	<sup>5</sup> GHSA OFF WEEK	<sup>6</sup>
<sup>7</sup>	<sup>8</sup> Weight Lifting 1:00 – 3:00	<sup>9</sup> Open Mat 1:00 – 3:00	<sup>10</sup> Weight Lifting 1:00 – 3:00	<sup>11</sup> Open Mat 1:00 – 3:00	<sup>12</sup>	<sup>13</sup>
<sup>14</sup>	<sup>15</sup> Weight Lifting 1:00 – 3:00	<sup>16</sup> Open Mat 1:00 – 3:00	<sup>17</sup> Weight Lifting 1:00 – 3:00	<sup>18</sup> Open Mat 1:00 – 3:00	<sup>19</sup>	<sup>20</sup>
<sup>21</sup>	<sup>22</sup> Weight Lifting 1:00 – 3:00	<sup>23</sup> Open Mat 1:00 – 3:00	<sup>24</sup> Weight Lifting 1:00 – 3:00	<sup>25</sup> Open Mat 1:00 – 3:00	<sup>26</sup>	<sup>27</sup>
<sup>28</sup>	<sup>29</sup> Off Week	<sup>30</sup> Off Week	<sup>31</sup> Off Week			

