

FAST

AUGUST 2022

SPORTS PERFORMANCE CALENDAR

SOUTH CHANDLER
LOCATION ONLY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	1 SPEED	2 STRENGTH Full Body	3 POWER DEVELOPMENT	4 AGILITY Change of Direction	5 STRENGTH Full Body	6
7	8 AGILITY Change of Direction	9 STRENGTH Full Body	10 SPEED	11 STRENGTH Full Body	12 POWER DEVELOPMENT	13
14	15 STRENGTH Full Body	16 POWER DEVELOPMENT	16 AGILITY Change of Direction	18 STRENGTH Full Body	19 SPEED	20
21	22 STRENGTH Full Body	23 SPEED	24 STRENGTH Full Body	25 POWER DEVELOPMENT	26 AGILITY Change of Direction	27
28	29 Pre-Summer Performance Testing	30 Pre-Summer Performance Testing	31 Pre-Summer Performance Testing			