

# MAY 2023

## SPORTS PERFORMANCE CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	1 SPEED & AGILITY	2 STRENGTH & POWER	3 SPEED & AGILITY	4 STRENGTH & POWER	5 SPEED & AGILITY	6
7	8 STRENGTH & POWER	9 SPEED & AGILITY	10 STRENGTH & POWER	11 SPEED & AGILITY	12 STRENGTH & POWER	13
14	15 SPEED & AGILITY	16 STRENGTH & POWER	17 SPEED & AGILITY	18 STRENGTH & POWER	19 SPEED & AGILITY	20
21	22 STRENGTH & POWER	23 SPEED & AGILITY	24 STRENGTH & POWER	25 SPEED & AGILITY	26 STRENGTH & POWER	27
28	29 <b>CLOSED</b> MEMORIAL DAY	30 STRENGTH & POWER	31 SPEED & AGILITY	1 STRENGTH & POWER	2 SPEED & AGILITY	3