

JULY 2023

SPORTS PERFORMANCE CALENDAR

Training Sessions: 10 AM and 5 PM

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