

JUNE 2023

SPORTS PERFORMANCE CALENDAR

Training Sessions: 10 AM and 5 PM

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