



**PERFORMANCE TRAINING  
& Athletic Rehabilitation**

# JANUARY '12

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

<b>01</b> CLOSED	<b>02</b> CLOSED	<b>03</b> Challenge	<b>04</b> Speed & Games	<b>05</b> Strength	<b>06</b> Regen & Correct	<b>07</b> Speed & Games
<b>08</b> Challenge	<b>09</b> Speed & Games	<b>10</b> Strength	<b>11</b> Regen & Correct	<b>12</b> TRX, Balance & Core	<b>13</b> Challenge	<b>14</b> Speed & Games
<b>15</b> Strength	<b>16</b> Regen & Correct	<b>17</b> TRX, Balance & Core	<b>18</b> Challenge	<b>19</b> Speed & Games	<b>20</b> Strength	<b>21</b> Speed & Games
<b>22</b> TRX, Balance & Core	<b>23</b> Challenge	<b>24</b> Speed & Games	<b>25</b> Strength	<b>26</b> Regen & Correct	<b>27</b> TRX, Balance & Core	<b>28</b> Speed & Games
<b>29</b> Speed & Games	<b>30</b> Strength	<b>31</b> Regen & Correct				