

JANUARY 2012

STRENGTH ENDURANCE CLUB

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|----------------------|--------------------|-----------------------|-----------------|-----------------------------|-----------------------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| | STEP & LADDER | BAG WORK | DUMB BELL LINE DRILLS | FANCY FEET | CARDIO CIRCUIT | FORM |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| | DICE | BOSU | PUSH & PULL | LINE DRILLS | NO CLASS Sheldon Tournament | NO CLASS Sheldon Tournament |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| | DUMB BELL | KETTLE BELLS | BACK TO YOUTH | SPEED DRILLS | THREE'S | BOSU |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| | KICK & PUNCH | TRADITIONAL CARDIO | TRIANGLES & PYRAMIDS | SPECIAL REQUEST | FLOOR DRILLS | HOGU DRILLS |
| 29 | 30 | 31 | | | | |
| | INTERVAL PYLOMETRICS | DOWN & UP | | | | |