

JUNE 2017

GLADIATOR STRENGTH & SPEED CAMP



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19 9-10:30 SF WEIGHT ROOM	20	21 9-10:30 SF WEIGHT ROOM	22	23	24
25	26 9-10:30 SF GYM	27	28 9-10:30 SF GYM	29	30	

10 DAYS FOR THE GREATER GOOD

JULY 2017

GLADIATOR STRENGTH & SPEED CAMP



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 MHSAA DEAD WEEK	4	5 NO TRAINING	6	7	8
9	10 9-10:30 SF GYM	11	12 9-10:30 SF GYM	13	14	15
16	17 9-10:30 SF GYM	18	19 9-10:30 SF GYM	20	21	22
23	24 9-10:30 SF GYM	25	26 9-10:30 SF GYM	27	28	29
30	31					

AS IRON SHARPENS IRON, SO ONE MAN SHARPENS ANOTHER
-PROVERBS 27:17