

Children's Hospital Research Center Oakland  
Sports Medicine Center for Young Athletes

**Sports Performance Class: TOUGH CUFF JANUARY 2010**

**JANUARY 2010**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 SESSION I, TESTING 7-8 PM	5	6 TRAINING 7-8 PM	7 TRAINING 7-8 PM	8	9
10	11 TRAINING 7-8 PM	12	13 TRAINING 7-8 PM	14 TRAINING 7-8 PM	15	16
17	18 TRAINING 7-8 PM	19	20 TRAINING 7-8 PM	21 TRAINING 7-8 PM	22	23
24	25 TRAINING 7-8 PM	26	27 TRAINING 7-8 PM	28 FINAL SESSION, TESTING 7-8 PM	29	30
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