

Children's Hospital Research Center Oakland
 Sports Medicine Center for Young Athletes
Sports Performance Class: TOUGH CUFF DECEMBER 2009

DECEMBER 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	NOV- 30 SESSION I, TESTING 7-8 PM	1	2 TRAINING 7-8 PM	3 TRAINING 7-8 PM	4	5
6	7 TRAINING 7-8 PM	8	9 TRAINING 7-8 PM	10 TRAINING 7-8 PM	11	12
13	14 TRAINING 7-8 PM	15	16 TRAINING 7-8 PM	17 TRAINING 7-8 PM	18	19
20	21 TRAINING 7-8 PM	22	23 FINAL SESSION, TESTING 7-8 PM	24	25	26
27	28	29	30	31		

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