



Sports Medicine Center for Young Athletes
Sports Performance Class:
TOUGH CUFF



All classes are located at 744 52nd Street, Oakland, CA unless otherwise noted. More info: 510-428-3558.

NOVEMBER 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
23	24 FIRST TRAINING 7 - 8 p.m.	25	26 TRAINING 7 - 8 p.m.	27 TRAINING 7 - 8 p.m.	28	29

DECEMBER 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 TRAINING 7- 8 p.m.	2	3 TRAINING 7- 8 p.m.	4 TRAINING 7- 8 p.m.	5	6
7	8 TRAINING 7- 8 p.m.	9	10 TRAINING 7- 8 p.m.	11 TRAINING 7- 8 p.m.	12	13
14	15 TRAINING 7- 8 p.m.	16	17 TRAINING 7- 8 p.m.	18 TRAINING 7- 8 p.m.	19	20