



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.

OCTOBER 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27 FIRST TRAINING 7-8 PM	28	29 TRAINING 7-8 PM	30 TRAINING 7-8 PM	31	

NOVEMBER 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 TRAINING 7-8 PM	4	5 TRAINING 7-8 PM	6 TRAINING 7-8 PM	7	8
9	10 TRAINING 7-8 PM	11	12 TRAINING 7-8 PM	13 TRAINING 7-8 PM	14	15
16	17 TRAINING 7-8 PM	18	19 TRAINING 7-8 PM	20 TRAINING 7-8 PM	21	22

