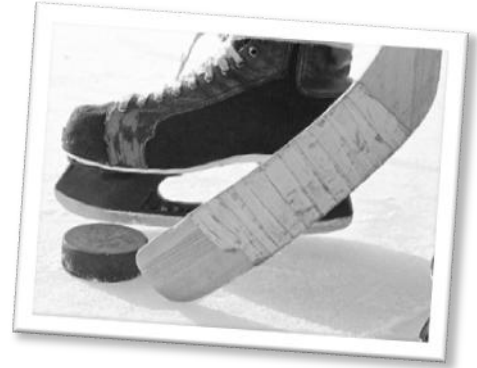


Pro-Fitness
T R A I N I N G

PFT 2010 HOCKEY CONDITIONING CAMP

AUGUST ON –ICE AND DRY LAND SCHEDULE

**EVERYDAY YOU ARE NOT TRAINING,
SOMEBODY ELSE IS!**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 U OF M ICE 4:45pm (please note time)	4 GR A: 10am GR B: 2pm GR C: 5pm	5 U OF M ICE 6PM	6 GR A: 10am GR B: 2pm GR C: 5pm	7
8	9 GR A: 10am GR B: 2pm GR C: 5pm	10 U OF M ICE 6PM	11 GR A: 10am GR B: 2pm GR C: 5pm	12 U OF M ICE 6PM	13 GR A: 10am GR B: 2pm GR C: 5pm	14
15	16 GR A: 10am GR B: 2pm GR C: 5pm	17 U OF M ICE 6PM	18 GR A: 10am GR B: 2pm GR C: 5pm	19 U OF M ICE 6PM	20 GR A: 10am GR B: 2pm GR C: 5pm	21
22	23 GR A: 10am GR B: 2pm GR C: 5pm	24 U OF M ICE 6PM	25 GR A: 10am GR B: 2pm GR C: 5pm	26	27 GR A: 10am GR B: 2pm GR C: 5pm	28
29	30 GR A: 10am GR B: 2pm GR C: 5pm	31				