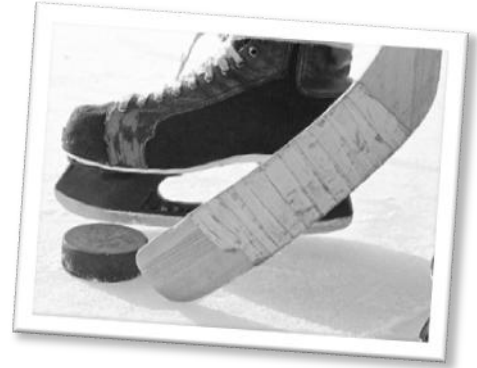


Pro-Fitness
T R A I N I N G

PFT 2010 HOCKEY CONDITIONING CAMP

JULY ON -ICE AND DRY LAND SCHEDULE

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



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