January 2021

RS – Rapid Speed
FS – Furious Speed
BS – Blazing Speed
B.A.S.E – Base Running, Agility & Speed Essentials

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 **New Years Day** **CLOSED**	2
3	4 Evals 12-5 pm FS: 5:30-6:30 pm BS: 6:30-7:30 pm	5 Evals 12-5 pm RS: 5:30-6:30 pm FS: 6:30-7:30 pm	6 Evals 12-5 pm BS: 5:30-6:30 pm B.A.S.E: 6:30-7:30 pm	7 Evals 12-5 pm RS: 5:30-6:30 pm FS: 6:30-7:30 pm BS: 7:30-8:30 pm	8 Evals: 12-5 pm FS: 5:30-6:30 pm BS: 6:30-7:30 pm	9 Recovery Days RS: 2-3 pm FS: 3-4 pm BS 4-5 pm
10	11 Evals 12-5 pm FS: 5:30-6:30 pm BS: 6:30-7:30 pm	12 Evals 12-5 pm RS: 5:30-6:30 pm FS: 6:30-7:30 pm	13 Evals 12-5 pm BS: 5:30-6:30 pm B.A.S.E: 6:30-7:30 pm	14 Evals 12-5 pm RS: 5:30-6:30 pm FS: 6:30-7:30 pm BS: 7:30-8:30 pm	15 Evals: 12-5 pm FS: 5:30-6:30 pm BS: 6:30-7:30 pm	16 Recovery Days RS: 2-3 pm FS: 3-4 pm BS 4-5 pm
17	18 Evals 12-5 pm FS: 5:30-6:30 pm BS: 6:30-7:30 pm	19 Evals 12-5 pm RS: 5:30-6:30 pm FS: 6:30-7:30 pm	20 Evals 12-5 pm BS: 5:30-6:30 pm B.A.S.E: 6:30-7:30 pm	21 Evals 12-5 pm RS: 5:30-6:30 pm FS: 6:30-7:30 pm BS: 7:30-8:30 pm	22 Evals: 12-5 pm FS: 5:30-6:30 pm BS: 6:30-7:30 pm	23 Recovery Days RS: 2-3 pm FS: 3-4 pm BS: 4-5 pm B.A.S.E: 6-7 pm
24	25 Evals 12-5 pm FS: 5:30-6:30 pm(if reschedule needed) BS: 6:30-7:30 pm	26 Evals 12-5 pm RS: 5:30-6:30 pm FS: 6:30-7:30 pm(if reschedule needed)	27 Evals 12-5 pm BS: 5:30-6:30 pm B.A.S.E: 6:30-7:30 pm	28 Evals 12-5 pm RS: 5:30-6:30 pm FS: 6:30-7:30 pm if reschedule needed) BS: 7:30-8:30 pm	29 Evals: 12-5 pm FS: 5:30-6:30 pm(if reschedule needed) BS: 6:30-7:30 pm	30 Recovery Days RS: 2-3 pm FS: 3-4 pm(if reschedule needed) BS: 4-5 pm B.A.S.E: 6-7 pm