

March

2021

RS- Rapid Speed

FS- Fury Speed

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 RS: 5:30-6:30 pm FS: 6:30-7:30 pm	2	3	4	5 RS: 5:30-6:30 pm FS: 6:30-7:30 pm	6 Yoga Recovery 2-3pm
7	8 RS: 5:30-6:30 pm FS: 6:30-7:30 pm	9	10	11	12 RS: 5:30-6:30 pm FS: 6:30-7:30 pm	13 FS: 9am-10am Yoga Recovery 2-3pm
14	15 RS: 5:30-6:30 pm FS: 6:30-7:30 pm	16	17	18	19 RS: 5:30-6:30 pm FS: 6:30-7:30 pm	20 FS: 9am-10am Yoga Recovery 2-3pm
21	22 RS: 5:30-6:30 pm FS: 6:30-7:30pm	23	24	25	26 RS: 5:30-6:30pm FS: 5:30-6:30pm	27 FS: 9am-10am Yoga Recovery 2-3pm
28						