


June 2018

July 2018

August 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Notes
		 SPEARFITTX.COM			1	2 The Zone 8:30-9:30a	<p>All sessions are one hour. Bring water. Parents need not stay unless desired.</p> <p>Visit www.spearfittx.com for the latest YouTube training videos and program information.</p> <p>The Zone Houston 10371 Stella Link Houston, Tx 77025</p> <p>Text HOOPS to 313131 to Opt-In to our weekly updates text and TBA updates.</p> <p>Questions? Want to Register? Call or Text Coach at 585-615-1902</p>
3 The Zone 3:00-4:00p	4	5	6	7	8 The Zone 6:30-7:30p	9	
10 Sand Workout tba	11	12	13 Change of Direction Workout tba	14	15 The Zone 6:30-7:30p	16	
17	18	19	20 Agility Workout tba	21	22	23	
24 Sand Workout tba	25	26	27 Speed tba Plyometrics Workout	28	29 The Zone 6:30-7:30p	30 The Zone 3:00-4:00p	
1 The Zone 4:00-5:00p	2	3	4	5	6	7	
8 The Zone 4:00-5:00p	9	10 The Zone 6:30-7:30p	11 The Zone 6:30-7:30p	12	13	14	
15 The Zone 4:00-5:00p	16	17 The Zone 6:30-7:30p	18 The Zone 6:30-7:30p	19	20	21	
22 The Zone 4:00-5:00p	23	24	25	26	27	28	
29 The Zone 4:00-5:00p	30	31 The Zone 6:30-7:30p	1 The Zone 6:30-7:30p	2	3	4	
5 The Zone 4:00-5:00p	6	7 The Zone 6:30-7:30p	8 The Zone 6:30-7:30p	9	10	11 The Zone 8:30-9:30a	
12	13	14 The Zone 6:30-7:30p	15 The Zone 6:30-7:30p	16	17	18 The Zone 8:30-9:30a	
19	20	21 The Zone 6:30-7:30p	22 The Zone 6:30-7:30p	23	24	25 The Zone 8:30-9:30a	
26	27	28	29	30	31		