

	SUN	MON	TUE	WED	THU	FRI	SAT	
16 JUN	PHASE FOUR KICK OFF!	5:30 a.m fit camp Holly PT Gym	9am Fit Camp at Riverside Tennis Club	6am cleveland park fit camp	6pm cleveland park fit camp	5:30 a.m fit camp Holly PT Gym		
		6:00 p.m. Sports Stretch						
23 JUN		5:30 a.m fit camp Holly PT Gym	9am Fit Camp at Riverside Tennis Club	6am cleveland park fit camp	6pm cleveland park fit camp	5:30 a.m fit camp Holly PT Gym		
		6:00 p.m. Sports Stretch						
30 JUN		5:30 a.m fit camp Holly PT Gym	9am Fit Camp at Riverside Tennis Club	6am cleveland park fit camp	4th of July	RWBS	5:30 a.m fit camp Holly PT Gym	
		6:00 p.m. Sports Stretch		6pm cleveland park fit camp		5K		
7 JUL		5:30 a.m fit camp Holly PT Gym	9am Fit Camp at Riverside Tennis Club	6am cleveland park fit camp	6pm cleveland park fit camp		5:30 a.m fit camp Holly PT Gym	
		6:00 p.m. Sports Stretch						
14 JUL		5:30 a.m fit camp Holly PT Gym	9am Fit Camp at Riverside Tennis Club	6am cleveland park ONLY				
		6:00 p.m. Sports Stretch						
21 JUL								
28 JUL							5:30 a.m fit camp Holly PT Gym	
4 AUG	PHASE FIVE KICK OFF!	5:30 a.m fit camp Holly PT Gym	9am Fit Camp at Riverside Tennis Club	6am cleveland park fit camp	6pm cleveland park fit camp	5:30 a.m fit camp Holly PT Gym		
		6:00 p.m. Sports Stretch						
11 AUG		5:30 a.m fit camp Holly PT Gym	9am Fit Camp at Riverside Tennis Club	Sessions TBD				
		6:00 p.m. Sports Stretch						
18 AUG								
25 AUG		5:30 a.m fit camp Holly PT Gym	9am Fit Camp at Riverside Tennis Club	6am cleveland park fit camp	6pm cleveland park fit camp	5:30 a.m fit camp Holly PT Gym		
		6:00 p.m. Sports Stretch						