



JANUARY 2019

ONE VISION – ONE GOAL – ONE FAMILY

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SUNDAY	MONDAY	TUESDAY	WEDNSDAY	THURSDAY	FRIDAY	SATURDAY
		8:30 - 11:30 AM - ALL OUT MORNING CHALLENGE 5:30 - Youth Training 5:30 - AO Athlete Training 6:30 - Strength Training 7:30 - AO Baseball V-LO 1	8:30 - 11:30 AM - ALL OUT MORNING CHALLENGE 6:30 - Boot Camp 7:30 - Paintball Tactical 7:30 - AO Baseball V-LO 2	8:30 - 11:30 AM - ALL OUT MORNING CHALLENGE 5:30 - Youth Training 5:30 - AO Athlete Training 6:30 - Strength Training 7:30 - AO Baseball V-LO 3	8:30 - 11:30 AM - ALL OUT MORNING CHALLENGE 5:30 - Team Sessions 7:30 - AO Baseball V-LO 4	8:00 - Boot Camp 9:00 - SAT/ACT Tutoring 9:30 - Speed and Agility Field Work 10:30 - Recruiting Sessions/Film By Appointment 5
	8:30 - 11:30 AM - ALL OUT MORNING CHALLENGE 6:30 - Boot Camp 7:30 - AO Baseball V-LO 6	8:30 - 11:30 AM - ALL OUT MORNING CHALLENGE 5:30 - Youth Training 5:30 - AO Athlete Training 6:30 - Strength Training 7:30 - AO Baseball V-LO 7	8:30 - 11:30 AM - ALL OUT MORNING CHALLENGE 6:30 - Boot Camp 7:30 - Paintball Tactical 7:30 - AO Baseball V-LO 8	8:30 - 11:30 AM - ALL OUT MORNING CHALLENGE 5:30 - Youth Training 5:30 - AO Athlete Training 6:30 - Strength Training 7:30 - AO Baseball V-LO 9	8:30 - 11:30 AM - ALL OUT MORNING CHALLENGE 5:30 - Team Sessions 7:30 - AO Baseball V-LO 10	8:00 - Boot Camp 9:00 - SAT/ACT Tutoring 9:30 - Speed and Agility Field Work 10:30 - Recruiting Sessions/Film By Appointment 11
	8:30 - 11:30 AM - ALL OUT MORNING CHALLENGE 6:30 - Boot Camp 7:30 - AO Baseball V-LO 12	8:30 - 11:30 AM - ALL OUT MORNING CHALLENGE 5:30 - Youth Training 5:30 - AO Athlete Training 6:30 - Strength Training 7:30 - AO Baseball V-LO 13	8:30 - 11:30 AM - ALL OUT MORNING CHALLENGE 6:30 - Boot Camp 7:30 - Paintball Tactical 7:30 - AO Baseball V-LO 14	8:30 - 11:30 AM - ALL OUT MORNING CHALLENGE 5:30 - Youth Training 5:30 - AO Athlete Training 6:30 - Strength Training 7:30 - AO Baseball V-LO 15	8:30 - 11:30 AM - ALL OUT MORNING CHALLENGE 5:30 - Team Sessions 7:30 - AO Baseball V-LO 16	8:00 - Boot Camp 9:00 - SAT/ACT Tutoring 9:30 - Speed and Agility Field Work 10:30 - Recruiting Sessions/Film By Appointment 17
	8:30 - 11:30 AM - ALL OUT MORNING CHALLENGE 6:30 - Boot Camp 7:30 - AO Baseball V-LO 18	8:30 - 11:30 AM - ALL OUT MORNING CHALLENGE 5:30 - Youth Training 5:30 - AO Athlete Training 6:30 - Strength Training 7:30 - AO Baseball V-LO 19	8:30 - 11:30 AM - ALL OUT MORNING CHALLENGE 6:30 - Boot Camp 7:30 - Paintball Tactical 7:30 - AO Baseball V-LO 20	8:30 - 11:30 AM - ALL OUT MORNING CHALLENGE 5:30 - Youth Training 5:30 - AO Athlete Training 6:30 - Strength Training 7:30 - AO Baseball V-LO 21	8:30 - 11:30 AM - ALL OUT MORNING CHALLENGE 5:30 - Team Sessions 7:30 - AO Baseball V-LO 22	8:00 - Boot Camp 9:00 - SAT/ACT Tutoring 9:30 - Speed and Agility Field Work 10:30 - Recruiting Sessions/Film By Appointment 23
	8:30 - 11:30 AM - ALL OUT MORNING CHALLENGE 6:30 - Boot Camp 7:30 - AO Baseball V-LO 24	8:30 - 11:30 AM - ALL OUT MORNING CHALLENGE 5:30 - Youth Training 5:30 - AO Athlete Training 6:30 - Strength Training 7:30 - AO Baseball V-LO 25	8:30 - 11:30 AM - ALL OUT MORNING CHALLENGE 6:30 - Boot Camp 7:30 - Paintball Tactical 7:30 - AO Baseball V-LO 26	8:30 - 11:30 AM - ALL OUT MORNING CHALLENGE 5:30 - Youth Training 5:30 - AO Athlete Training 6:30 - Strength Training 7:30 - AO Baseball V-LO 27	8:30 - 11:30 AM - ALL OUT MORNING CHALLENGE 5:30 - Team Sessions 7:30 - AO Baseball V-LO 28	8:00 - Boot Camp 9:00 - SAT/ACT Tutoring 9:30 - Speed and Agility Field Work 10:30 - Recruiting Sessions/Film By Appointment 29
	8:30 - 11:30 AM - ALL OUT MORNING CHALLENGE 6:30 - Boot Camp 7:30 - AO Baseball V-LO 30	8:30 - 11:30 AM - ALL OUT MORNING CHALLENGE 5:30 - Youth Training 5:30 - AO Athlete Training 6:30 - Strength Training 7:30 - AO Baseball V-LO 31	8:30 - 11:30 AM - ALL OUT MORNING CHALLENGE 6:30 - Boot Camp 7:30 - Paintball Tactical 7:30 - AO Baseball V-LO 32	8:30 - 11:30 AM - ALL OUT MORNING CHALLENGE 5:30 - Youth Training 5:30 - AO Athlete Training 6:30 - Strength Training 7:30 - AO Baseball V-LO 33	8:30 - 11:30 AM - ALL OUT MORNING CHALLENGE 5:30 - Team Sessions 7:30 - AO Baseball V-LO 34	8:00 - Boot Camp 9:00 - SAT/ACT Tutoring 9:30 - Speed and Agility Field Work 10:30 - Recruiting Sessions/Film By Appointment 35

PERSONAL TRAINING, MASSAGE, PREHAB/REHAB, SPORTS THERAPY BY APPOINTMENT