



**Training for Life
Sunday's
4:00 pm to 5:00 pm
Spencer Owens Training Studio
775 Ridge Lake Blvd**

Dates		Time
July 30th		4:00 pm to 5:00 pm
Aug 6th	Weigh-In & Measurements	4:00 pm to 5:00 pm
Aug 13th		4:00 pm to 5:00 pm
Aug 20th		4:00 pm to 5:00 pm
Aug 27th		4:00 pm to 5:00 pm
Sept 10th	Weigh-In & Measurements	4:00 pm to 5:00 pm
Sept 17th		4:00 pm to 5:00 pm
Sept 24th		4:00 pm to 5:00 pm
Oct 1st	Weigh-In & Measurements	4:00 pm to 5:00 pm
Oct 8th		4:00 pm to 5:00 pm
Oct 15th		4:00 pm to 5:00 pm
Oct 22nd		4:00 pm to 5:00 pm
Oct 29th		4:00 pm to 5:00 pm
Nov 5th	Weigh-In & Measurements	4:00 pm to 5:00 pm
Nov 12th		4:00 pm to 5:00 pm
Nov 19th		4:00 pm to 5:00 pm
Nov 26th		4:00 pm to 5:00 pm
Dec 3rd	Weigh-In & Measurements	Last Day for 2023

For more information regarding Training of Life contact:

Coach Courtney @ courtney@specialolympicsmem.org

For more information regarding the Special Olympics Greater Memphis contact:

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