

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		aturday	
2	June	3	June	4	June	5	June	6	June	7	June	8	June
		Strength/Speed/Agility 6:30am - 8:00am  3:30pm -5:00pm				Strength/Speed/Agility <b>Summer Workout</b> HS Boys Lift/Agility 6:30-8:30am HS Girls Agility/Lift 6:30-8:30am JH 8:30am -9:30am				Strength/Speed/Agility <b>Summer Workout</b> HS Boys Lift/Agility 6:30-8:30am HS Girls Agility/Lift 6:30-8:30am JH 8:30am -9:30am			
9	June	10	June	11	June	12	June	13	June	14	June	15	June
		Strength/Speed/Agility <b>Summer Workout</b> HS Boys Lift/Agility 6:30-8:30am HS Girls Agility/Lift 6:30-8:30am JH 8:30am -9:30am				Strength/Speed/Agility <b>Summer Workout</b> HS Boys Lift/Agility 6:30-8:30am HS Girls Agility/Lift 6:30-8:30am JH 8:30am -9:30am				Strength/Speed/Agility <b>Summer Workout</b> HS Boys Lift/Agility 6:30-8:30am HS Girls Agility/Lift 6:30-8:30am JH 8:30am -9:30am			
16	June	17	June	18	June	19	June	20	June	21	June	22	June
		Strength/Speed/Agility <b>Summer Workout</b> HS Boys Lift/Agility 6:30-8:30am HS Girls Agility/Lift 6:30-8:30am JH 8:30am -9:30am				Strength/Speed/Agility <b>Summer Workout</b> HS Boys Lift/Agility 6:30-8:30am HS Girls Agility/Lift 6:30-8:30am JH 8:30am -9:30am				Strength/Speed/Agility <b>Summer Workout</b> HS Boys Lift/Agility 6:30-8:30am HS Girls Agility/Lift 6:30-8:30am JH 8:30am -9:30am			
23	June	24	June	25	June	26	June	27	June	28	June	29	June
		Strength/Speed/Agility <b>Summer Workout</b> HS Boys Lift/Agility 6:30-8:30am HS Girls Agility/Lift 6:30-8:30am JH 8:30am -9:30am				Strength/Speed/Agility <b>Summer Workout</b> HS Boys Lift/Agility 6:30-8:30am HS Girls Agility/Lift 6:30-8:30am JH 8:30am -9:30am				Strength/Speed/Agility <b>Summer Workout</b> HS Boys Lift/Agility 6:30-8:30am HS Girls Agility/Lift 6:30-8:30am JH 8:30am -9:30am			
30	June	1	July	2	July	3	July	4	July	5	July	6	July
		Strength/Speed/Agility <b>Summer Workout</b> HS Boys Lift/Agility 6:30-8:30am HS Girls Agility/Lift 6:30-8:30am JH 8:30am -9:30am				Strength/Speed/Agility <b>Summer Workout</b> HS Boys Lift/Agility 6:30-8:30am HS Girls Agility/Lift 6:30-8:30am JH 8:30am -9:30am				Strength/Speed/Agility <b>Summer Workout</b> HS Boys Lift/Agility 6:30-8:30am HS Girls Agility/Lift 6:30-8:30am JH 8:30am -9:30am			
7	July	8	July	9	July	10	July	11	July	12	July	13	July
		Strength/Speed/Agility <b>Summer Workout</b> HS Boys Lift/Agility 6:30-8:30am HS Girls Agility/Lift 6:30-8:30am JH 8:30am -9:30am				Strength/Speed/Agility <b>Summer Workout</b> HS Boys Lift/Agility 6:30-8:30am HS Girls Agility/Lift 6:30-8:30am JH 8:30am -9:30am				Strength/Speed/Agility <b>Summer Workout</b> HS Boys Lift/Agility 6:30-8:30am HS Girls Agility/Lift 6:30-8:30am JH 8:30am -9:30am			

14	July	15	July	16	July	17	July	18	July	19	July	20	July
		Strength/Speed/Agility <b>Summer Workout</b> HS Boys Lift/Agility 6:30-8:30am HS Girls Agility/Lift 6:30-8:30am JH 8:30am -9:30am			Strength/Speed/Agility <b>Summer Workout</b> HS Boys Lift/Agility 6:30-8:30am HS Girls Agility/Lift 6:30-8:30am JH 8:30am -9:30am				Strength/Speed/Agility <b>Summer Workout</b> HS Boys Lift/Agility 6:30-8:30am HS Girls Agility/Lift 6:30-8:30am JH 8:30am -9:30am				
21	July	22	July	23	July	24	July	25	July	26	July	27	July
		<b>NO WORKOUT</b>		<b>NO WORKOUT</b>		<b>NO WORKOUT</b>		<b>NO WORKOUT</b>		<b>NO WORKOUT</b>			
28	July	29	July	30	July	31	July	1	August	2	August	3	August
		Strength/Speed/Agility <b>Summer Workout</b> HS Boys Lift/Agility 6:30-8:30am HS Girls Agility/Lift 6:30-8:30am JH 8:30am -9:30am			Strength/Speed/Agility <b>Summer Workout</b> HS Boys Lift/Agility 6:30-8:30am HS Girls Agility/Lift 6:30-8:30am JH 8:30am -9:30am				Strength/Speed/Agility <b>Summer Workout</b> HS Boys Lift/Agility 6:30-8:30am HS Girls Agility/Lift 6:30-8:30am JH 8:30am -9:30am				