



2019 Summer Strength & Conditioning



Monday	Tuesday	Wednesday	Thursday	Friday
May- 27 Memorial Day Workout on your own	28 HS Boys- 7:30a-9:30a HS Girls- 8:30a-10:30a MS- 5:30p-7:30p	29 HS Boys- 7:30a-9:30a HS Girls- 8:30a-10:30a MS- 5:30p-7:30p	30 HS Boys- 7:30a-9:30a HS Girls- 8:30a-10:30a MS- 5:30p-7:30p	31 Workout on your own
June- 3 HS Boys- 7:30a-9:30a HS Girls- 8:30a-10:30a MS- 5:30p-7:30p	4 HS Boys- 7:30a-9:30a HS Girls- 8:30a-10:30a MS- 5:30p-7:30p	5 HS Boys- 7:30a-9:30a HS Girls- 8:30a-10:30a MS- 5:30p-7:30p	6 HS Boys- 7:30a-9:30a HS Girls- 8:30a-10:30a MS- 5:30p-7:30p	7 Workout on your own
June- 10 HS Boys- 7:30a-9:30a HS Girls- 8:30a-10:30a MS- 5:30p-7:30p	11 HS Boys- 7:30a-9:30a HS Girls- 8:30a-10:30a MS- 5:30p-7:30p	12 HS Boys- 7:30a-9:30a HS Girls- 8:30a-10:30a MS- 5:30p-7:30p	13 HS Boys- 7:30a-9:30a HS Girls- 8:30a-10:30a MS- 5:30p-7:30p	14 Workout on your own
June- 17 HS Boys- 7:30a-9:30a HS Girls- 8:30a-10:30a MS- 5:30p-7:30p	18 HS Boys- 7:30a-9:30a HS Girls- 8:30a-10:30a MS- 5:30p-7:30p	19 HS Boys- 7:30a-9:30a HS Girls- 8:30a-10:30a MS- 5:30p-7:30p	20 HS Boys- 7:30a-9:30a HS Girls- 8:30a-10:30a MS- 5:30p-7:30p	21 Workout on your own
June- 24 HS Boys- 7:30a-9:30a HS Girls- 8:30a-10:30a MS- 5:30p-7:30p	25 HS Boys- 7:30a-9:30a HS Girls- 8:30a-10:30a MS- 5:30p-7:30p	26 HS Boys- 7:30a-9:30a HS Girls- 8:30a-10:30a MS- 5:30p-7:30p	27 HS Boys- 7:30a-9:30a HS Girls- 8:30a-10:30a MS- 5:30p-7:30p	28 Workout on your own
July- 1	2	3	4	5
← Workout on your own →				
July- 8 HS Boys- 7:30a-9:30a HS Girls- 8:30a-10:30a MS- 5:30p-7:30p	9	10	11 HS Boys- 7:30a-9:30a HS Girls- 8:30a-10:30a MS- 5:30p-7:30p	12 HS Boys- 7:30a-9:30a HS Girls- 8:30a-10:30a MS- 5:30p-7:30p
← Workout on your own →				
July- 15 HS Boys- 7:30a-9:30a HS Girls- 8:30a-10:30a MS- 5:30p-7:30p	16 HS Boys- 7:30a-9:30a HS Girls- 8:30a-10:30a MS- 5:30p-7:30p	17 HS Boys- 7:30a-9:30a HS Girls- 8:30a-10:30a MS- 5:30p-7:30p	18 HS Boys- 7:30a-9:30a HS Girls- 8:30a-10:30a MS- 5:30p-7:30p	19 Workout on your own
22-Jul	23	24 HS Boys- 7:30a-9:30a HS Girls- 8:30a-10:30a MS- 5:30p-7:30p	25 HS Boys- 7:30a-9:30a HS Girls- 8:30a-10:30a MS- 5:30p-7:30p	26 HS Boys- 7:30a-9:30a HS Girls- 8:30a-10:30a MS- 5:30p-7:30p
← Workout on your own →				
July- 29 HS Boys- 7:30a-9:30a HS Girls- 8:30a-10:30a MS- 5:30p-7:30p	30 HS Boys- 7:30a-9:30a HS Girls- 8:30a-10:30a MS- 5:30p-7:30p	31 HS Boys- 7:30a-9:30a HS Girls- 8:30a-10:30a MS- 5:30p-7:30p	Aug- 1 HS Boys- 7:30a-9:30a HS Girls- 8:30a-10:30a MS- 5:30p-7:30p	2 Workout on your own

DO SOMETHING TO GET BETTER EVERYDAY!