**2019 EHS Summer Weight Training Schedule**

**May 29th- August 2nd**

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**May 29th-May 31st**

**Wednesday**

7:00am-8:00am: Volleyball/Girls BB Select

8:15am-9:15am: Football/LAX/Wrestle (1)

9:30am-10:30am: Football/LAX/Wrestle (2)

10:45am-11:45am: Volleyball/Girls Basketball Underclassman

**Thursday**

7:00am-8:00am: Volleyball/Girls BB Select

8:15am-9:15am: Football/LAX/Wrestle (1)

9:30am-10:30am: Football/LAX/Wrestle (2)

10:45am-11:45am: Volleyball/Girls Basketball Underclassman

**Friday**

7:00am-8:00am: General Athletics \*

8:15am-9:15am: Football/LAX/Wrestle (1)

9:30am-10:30am: Football/LAX/Wrestle (2)

10:45am-11:45am: Boys Basketball

[**https://stvrain.revtrak.net/Program-Registration/**](https://stvrain.revtrak.net/Program-Registration/)

**No Training Service:**

**Wednesday-Friday**

**July 3-5th**

**\*General Athletics includes:**

**Boys Basketball, Baseball, Softball, Tennis, Soccer, Track/Field, Cross Country, Swimming, Golf**

**June 3rd-August 1st**

**Monday**

7:00am-800am: General Athletics \*

8:00am-9:30am- Volleyball/Girls BB Select\*\*

8:15am-9:15am: Football/LAX/Wrestle (1)

9:30am-10:30am: Football/LAX/Wrestle (2)

10:45am-11:45pm: VBB/GBB (2)

**Tuesday**

7:00am-8:00am: Volleyball/Girls BB Select

8:00am-9:30am- Boys Basketball Select\*\*

 8:15am-9:15am: Football/LAX/Wrestle (1)

9:30am-10:30am: Football/LAX/Wrestle (2)

10:45am-11:45pm: VBB/GBB (2)

**Wednesday**

7:00am-8:00am: General Athletics \*\*

8:15am-9:15am: Football/LAX/Wrestle (1)

9:30am-10:30am: Football/LAX/Wrestle (2)

10:45am-11:45pm: Boys Basketball

**Thursday**

7:00am-8:00am: Volleyball/Girls BB Select

8:00am-9:30am- Football/LAX/Wrestle (1)\*\*

8:15am-9:15am:General Athletics \*\*

9:30am-10:30am: Football/LAX/Wrestle (2)

10:45am-11:45pm: VBB/GBB (2)

**\*\*Highlighted Sessions at:**

**CutThroat CrossFit**

**1724 Majestic Drive #107**

**Lafayette CO 80026**