

June 2019

◀ May 2019 June 2019 Junior High Lifting Schedule Jul 2019 ▶						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Strength and Conditioning 11:30AM – 1PM	4	5 Strength and Conditioning 11:30AM – 1PM	6 Strength and Conditioning 4:30 – 6PM	7	8
9	10 Strength and Conditioning 11:30AM – 1PM	11	12 Strength and Conditioning 11:30AM – 1PM	13 Strength and Conditioning 4:30 – 6PM	14	15
16	17 Strength and Conditioning 11:30AM – 1PM	18	19 Strength and Conditioning 11:30AM – 1PM	20 Strength and Conditioning 4:30 – 6PM	21	22
23	24 Strength and Conditioning 11:30AM – 1PM	25	26 Strength and Conditioning 11:30AM – 1PM	27 Strength and Conditioning 4:30 – 6PM	28	29
30						

July 2019

July 2019 Junior High Lifting Schedule						
◀ Jun 2019						Aug 2019 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 No Football	2	3	4	5	6
7	8 Strength and Conditioning 11:30AM – 1PM	9	10 Strength and Conditioning 11:30AM – 1PM	11 Strength and Conditioning 4:30 – 6PM	12	13
14	15 Strength and Conditioning 11:30AM – 1PM	16	17 Strength and Conditioning 11:30AM – 1PM	18 Strength and Conditioning 4:30 – 6PM	19	20
21	22 JH Football Camp 6-8PM	23 JH Football Camp 6-8PM	24 JH Football Camp 6-8PM	25	26	27
28	29	30	31			