

# June 2019 Strength and Conditioning Schedule

SUN	MON	TUES	WED	THURS	FRI	SAT
						1
2	3	4	5	6	7	8
	9am-10:30am Group 1 10am-11:30am Group 2	9am-10:30am Group 1 10am-11:30am Group 2		9am-10:30am Group 1 10am-11:30am Group 2		
9	10	11	12	13	14	15
16	17	18	19	20	21	22
				9am-10:30am Group 1 10am-11:30am Group 2		
23	24	25	26	27	28	29
	9am-10:30am Group 1 10am-11:30am Group 2	9am-10:30am Group 1 10am-11:30am Group 2		9am-10:30am Group 1 10am-11:30am Group 2		
30	NOTES					

# July 2019 Strength and Conditioning Schedule

<i>SUN</i>	<i>MON</i>	<i>TUES</i>	<i>WED</i>	<i>THURS</i>	<i>FRI</i>	<i>SAT</i>
	1	2	3	4	5	6
7	8 <i>9am-10:30am Group 1</i> <i>10am-11:30am Group 2</i>	9 <i>9am-10:30am Group 1</i> <i>10am-11:30am Group 2</i>	10	11 <i>9am-10:30am Group 1</i> <i>10am-11:30am Group 2</i>	12	13
14	15 <i>9am-10:30am Group 1</i> <i>10am-11:30am Group 2</i>	16 <i>9am-10:30am Group 1</i> <i>10am-11:30am Group 2</i>	17	18 <i>9am-10:30am Group 1</i> <i>10am-11:30am Group 2</i>	19	20
21	22 <i>9am-10:30am Group 1</i> <i>10am-11:30am Group 2</i>	23 <i>9am-10:30am Group 1</i> <i>10am-11:30am Group 2</i>	24	25 <i>9am-10:30am Group 1</i> <i>10am-11:30am Group 2</i>	26	27
28	29 <i>9am-10:30am Group 1</i> <i>10am-11:30am Group 2</i>	30 <i>9am-10:30am Group 1</i> <i>10am-11:30am Group 2</i>	31			

NOTES

# August 2019 Strength and Conditioning Schedule

SUN	MON	TUES	WED	THURS	FRI	SAT
				1 <i>9am-10:30am Group 1 10am-11:30am Group 2</i>	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

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