

August 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 <u>9:30-11:00</u> Drop-In <u>11:00-12:15</u> Top Gun <u>3:30-5:00</u> Drop-In	2 <u>Weight Room Closed</u>	3
4	5 <u>9:30-11:30</u> Drop-In <u>12:00-1:00</u> Beach Conditioning <u>3:30-5:00</u> Drop-In	6 <u>9:30-11:00</u> Drop-In <u>11:00-12:15</u> Top Gun <u>3:30-5:00</u> Drop-In	7 <u>9:30-11:30</u> Drop-In <u>11:45-12:30</u> Pool Conditioning <u>3:30-5:00</u> Drop-In	8 <u>9:30-11:00</u> Drop-In <u>11:00-12:15</u> Top Gun <u>3:30-5:00</u> Drop-In	9 <u>Weight Room Closed</u>	10
11	12 <u>9:30-11:30</u> Drop-In <u>12:00-1:00</u> Beach Conditioning <u>3:30-5:00</u> Drop-In	13 <u>9:30-11:00</u> Drop-In <u>11:00-12:15</u> Top Gun <u>3:30-5:00</u> Drop-In	14 <u>9:30-11:30</u> Drop-In <u>11:45-12:30</u> Pool Conditioning <u>3:30-5:00</u> Drop-In	15 <u>9:30-11:00</u> Drop-In <u>11:00-12:15</u> Top Gun <u>3:30-5:00</u> Drop-In	16 <u>Weight Room Closed</u>	17
18	19 <u>Weight Room Closed</u>	20 <u>First Day of School</u>	21	22	23	24
	Drop-In: All Athletes Welcome	Top Gun: Selected Athletes Only	Pool Conditioning: All Athletes Welcome, meet at pool gate	Beach Conditioning: All Athletes Welcome, meet at sand courts	*Drop-In and Conditioning count towards 20 pre season workouts*	