

2019 BOYS 100% CLUB SUMMER WORKOUT SCHEDULE

STARTS MONDAY, JUNE 3

SUMMER SCHEDULE: @HS FIELDHOUSE

Incoming **BOYS** 7-12 Graders

Lifting & Speed Training:

M T W TH 8:00-9:30

Sport Specific:

M T W TH 9:30-10:00

DATES

June 3-6

June 10-13

June 17-20

June 24-27

July 1&2 only

****No Workouts July 8-11****

July 15-18