

# June 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
	<u>9:30-11:30</u> Drop-In <u>12:00-1:00</u> Beach Conditioning <u>3:30-5:00</u> Drop-In	<u>9:30-11:00</u> Drop-In <u>11:00-12:15</u> Top Gun <u>3:30-5:00</u> Drop-In	<u>9:30-11:30</u> Drop-In <u>11:45-12:30</u> Pool Conditioning <u>3:30-5:00</u> Drop-In	<u>9:30-11:00</u> Drop-In <u>11:00-12:15</u> Top Gun <u>3:30-5:00</u> Drop-In	<u>9:30-11:30</u> Drop-In	
9	10	11	12	13	14	15
	<u>9:30-11:30</u> Drop-In <u>12:00-1:00</u> Beach Conditioning <u>3:30-5:00</u> Drop-In	<u>9:30-11:00</u> Drop-In <u>11:00-12:15</u> Top Gun <u>3:30-5:00</u> Drop-In	<u>9:30-11:30</u> Drop-In <u>11:45-12:30</u> Pool Conditioning <u>3:30-5:00</u> Drop-In	<u>9:30-11:00</u> Drop-In <u>11:00-12:15</u> Top Gun	<b>Weight Room Closed</b>	
16	17	18	19	20	21	22
	<u>9:30-11:30</u> Drop-In <u>12:00-1:00</u> Beach Conditioning <u>3:30-5:00</u> Drop-In	<u>9:30-11:00</u> Drop-In <u>11:00-12:15</u> Top Gun <u>3:30-5:00</u> Drop-In	<u>9:30-11:30</u> Drop-In <u>11:45-12:30</u> Pool Conditioning <u>3:30-5:00</u> Drop-In	<u>9:30-11:00</u> Drop-In <u>11:00-12:15</u> Top Gun <u>3:30-5:00</u> Drop-In	<b>Weight Room Closed</b>	
23	24	25	26	27	28	29
	<u>9:30-11:30</u> Drop-In <u>12:00-1:00</u> Beach Conditioning <u>3:30-5:00</u> Drop-In	<u>9:30-11:00</u> Drop-In <u>11:00-12:15</u> Top Gun <u>3:30-5:00</u> Drop-In	<u>9:30-11:30</u> Drop-In <u>11:45-12:30</u> Pool Conditioning <u>3:30-5:00</u> Drop-In	<u>9:30-11:00</u> Drop-In <u>11:00-12:15</u> Top Gun <u>3:30-5:00</u> Drop-In	<b>Weight Room Closed</b>	
	<b>Drop-In: All Athletes Welcome</b>	<b>Top Gun: Selected Athletes Only</b>	<b>Pool Conditioning: All Athletes Welcome, meet at pool gate</b>	<b>Beach Conditioning: All Athletes Welcome, meet at sand courts</b>	*Drop-In and Conditioning count towards 20 pre season workouts*	