

July 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	<u>Weight Room Closed</u>	<u>Weight Room Closed</u>	<u>Weight Room Closed</u>	<u>Weight Room Closed</u>	<u>Weight Room Closed</u>	
7	8	9	10	11	12	13
	<u>Weight Room Closed</u>	<u>Weight Room Closed</u>	<u>Weight Room Closed</u>	<u>Weight Room Closed</u>	<u>Weight Room Closed</u>	
14	15	16	17	18	19	20
	<u>Weight Room Closed</u>	<u>Weight Room Closed</u>	<u>Weight Room Closed</u>	<u>Weight Room Closed</u>	<u>Weight Room Closed</u>	
21	22	23	24	25	26	27
	<u>Weight Room Closed</u>	<u>Weight Room Closed</u>	<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> <u>Drop-In</u>	
28	29	30	31			
	<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>Drop-In: All Athletes Welcome</u>	<u>Top Gun: Selected Athletes Only</u>	<u>Pool Conditioning: All Athletes Welcome, meet at pool gate</u>	<u>Beach Conditioning: All Athletes Welcome, meet at sand courts</u>	*Drop-In and Conditioning count towards 20 pre season workouts*	