

# July 2019

## summer workout schedule

June '19							August '19						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
						1					1	2	3
2	3	4	5	6	7	8	4	5	6	7	8	9	10
9	10	11	12	13	14	15	11	12	13	14	15	16	17
16	17	18	19	20	21	22	18	19	20	21	22	23	24
23	24	25	26	27	28	29	25	26	27	28	29	30	31
						30							

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1 OPEN:7-9 AM	2 OPEN:7-9 AM	3	4 CLOSED	5	6
7	8 OPEN:7-9 AM	9 CLOSED	10 CLOSED	11 OPEN:7-9 AM	12 OPEN:7-9 AM	13
14	15 OPEN:7-9 AM	16 OPEN:7-9 AM	17	18 OPEN:7-9 AM	19	20
21	22 CLOSED	23 CLOSED	24 STRENGTH & COND TEST EQUIPMENT PICK UP	25 STRENGTH & COND TEST EQUIPMENT PICK UP	26 STRENGTH & COND TEST EQUIPMENT PICK UP	27
28	29 OPEN: 8-3	30 OPEN: 8-3	31 OPEN: 8-3	1 OPEN: 8-3	2 OPEN: 8-3	3
4	5 FOOTBALL TWO-A-DAYS	Notes				