

June

2016

SEASON SCHEDULE

ROLL CARDS!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Gym Times -M.S. Gym- 7:30-8:30 am & 4:30-5:30 pm -H.S. Gym- 8:30-9:30 am & 5:30-6:30 pm	Weight Room Times -H.S. Weight Room- 7:30-8:30 am & 4:30-5:30 pm -M.S. Weight Room- 8:30-9:30 am & 5:30-6:30 pm	Speed Training Times -M.S.- 7:30-8:30 am -H.S.- 8:30-9:30 am	1	2	3	4
5	6 Weight Room/Speed Training 7:30-9:30 am 4:30-6:30 pm	7 Weight Room 7:30-9:30 am 4:30-6:30 pm	8 Weight Room/Speed Training 7:30-9:30 am 4:30-6:30 pm	9 Weight Room 7:30-9:30 am 4:30-6:30 pm	10 Weight Room/Speed Training 7:30-9:30 am	11
12	13 Weight Room/Speed Training 7:30-9:30 am 4:30-6:30 pm	14 Weight Room 7:30-9:30 am 4:30-6:30 pm	15 Weight Room/Speed Training 7:30-9:30 am 4:30-6:30 pm	16 Weight Room 7:30-9:30 am 4:30-6:30 pm	17 Weight Room/Speed Training 7:30-9:30 am	18
19	20 Weight Room/Speed Training 7:30-9:30 am 4:30-6:30 pm	21 Weight Room 7:30-9:30 am 4:30-6:30 pm	22 Weight Room/Speed Training 7:30-9:30 am 4:30-6:30 pm	23 Weight Room 7:30-9:30 am 4:30-6:30 pm	24 Weight Room/Speed Training 7:30-9:30 am	25
26	27 Weight Room/Speed Training 7:30-9:30 am 4:30-6:30 pm	28 Weight Room 7:30-9:30 am 4:30-6:30 pm	29 Weight Room/Speed Training 7:30-9:30 am 4:30-6:30 pm	30		