

# SUMMER WEIGHTS AND CONDITIONING

Starting June 14th...Mon., Wed., Fri.

TIME	MON	TUE	WED	THU	FRI
6:30-8:00 AM	11-12 GRADE FOOTBALL		11-12 GRADE FOOTBALL		11-12 GRADE FOOTBALL
7:30-9:00 AM	9-10 GRADE FOOTBALL BOYS ALL SPORTS		9-10 GRADE FOOTBALL BOYS ALL SPORTS		9-10 GRADE FOOTBALL BOYS ALL SPORTS
8:30-10:00 AM	GIRLS ALL SPORTS		GIRLS ALL SPORTS		GIRLS ALL SPORTS

Notes: Remind Code: Summer Weights; [www.remind.com/join/6hbedc](http://www.remind.com/join/6hbedc)