

BASKETBALL



AUGUST/SEPTEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
	29	30 Workouts 6:15am - 8:00am	31	1 Workouts 6:15am - 8:00am	2	3
4	5	6 Workouts 6:15am - 8:00am	7	8 Volleyball Game Cheer Block! Workouts 6:15am - 8:00am	9	10
11	12	13 Workouts 6:15am - 8:00am	14	15 Workouts 6:15am - 8:00am	16	17
18	19	20 Workouts 6:15am - 8:00am	21	22 Workouts 6:15am - 8:00am	23 Cookout + Football Game	24
25	26	27 Workouts 6:15am - 8:00am	28	29 Workouts 6:15am - 8:00am	30	

BASKETBALL



OCTOBER

SUN	MON	TUE	WED	THU	FRI	SAT
	2	3 Workouts 6:15am - 8:00am	4 Conditioning 6:30am - 8:00am	5 Workouts 6:15am - 8:00am	6	7
8	9	10 Workouts 9-11AM	11 Conditioning 9-11AM	12 Workouts 9-11AM	13	14
15	16	17 GYM OPEN 9-11AM	18 Conditioning 9-11AM	19 GYM OPEN 9-11AM	20	21
22	23	24 Workouts 6:15am - 8:00am	25 Conditioning 6:30am - 8:00am	26 Workouts 6:15am - 8:00am	27 Conditioning 6:30am - 8:00am	28
29	30	31 Workouts 6:15am - 8:00am	1 Conditioning 6:30am - 8:00am	2 Workouts 6:15am - 8:00am	3 Conditioning 6:30am - 8:00am	