

April 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Weight Room 5:15P-7:00P	2 Weight Room 5:15P-7:00P	3 Weight Room 5:15P-7:00P	4	5
6	7 Weight Room 5:15P-7:00P	8 Weight Room 5:15P-7:00P	9 Weight Room 5:15P-7:00P	10 Weight Room 5:15P-7:00P	11	12 Defensive Training 10:30A-1:30P (QB Training 1:30P-2:00P)
13	14 Weight Room 5:15P-7:00P	15 Weight Room 5:15P-7:00P	16 Mechanics Workout 5:15P-7:00P	17 Weight Room 5:15P-7:00P	18	19
20	21 Weight Room 5:15P-7:00P	22 Weight Room 5:15P-7:00P	23 Weight Room 5:15P-7:00P	24 Weight Room 5:15P-7:00P	25	26 Defensive Training 10:30A-1:00P (QB Training 1P-2P)
27	28 Weight Room 5:15P-7:00P	29 Weight Room 5:15P-7:00P	30 Mechanics Workout 5:15P-7:00P			