

June **SUMMER** **SCHEDULE**

TRAIN. COMPETE. SUCCEED.

MONDAYS

**1ST, 8TH, 15TH,
22ND, 29TH**

SUMMER SUCCESS

**WEIGHTS AND CONDITIONING
@ SAC 8-10**

TUESDAYS

**2ND, 9TH, 16TH,
23RD**

SUMMER SUCCESS & VOLLEYBALL

**VOLLEYBALL @ JGYM 7-8
WEIGHTS AND CONDITIONING @ SAC 8-10**

WEDNESDAYS

**3RD, 10TH, 17TH,
24TH**

SUMMER SUCCESS

**WEIGHTS AND CONDITIONING
@ SAC 8-10**

THURSDAYS

**5TH, 12TH, 19TH,
26TH**

SUMMER SUCCESS & VOLLEYBALL

**VOLLEYBALL @ JGYM 7-8
WEIGHTS AND CONDITIONING @ SAC 8-10**



**BUILDING STRONG ATHLETES.
PREPARING FOR SUCCESS.**

DISCIPLINE • EFFORT • TEAMWORK • EXCELLENCE