



JULY

2025

SCHEDULE

MON

7,14,21

SUMMER SUCCESS

WEIGHTS & CONDITIONING @ SAC 8-10AM

TUES

8,15

**SUMMER SUCCESS &
VOLLEYBALL OPEN GYM**

WEIGHTS & CONDITIONING @ SAC 8-10AM

VOLLEYBALL @ JGYM 10-11AM

WED

9,16,23

SUMMER SUCCESS

WEIGHTS & CONDITIONING @ SAC 8-10AM

THUR

10,17,24

**SUMMER SUCCESS &
VOLLEYBALL OPEN GYM**

WEIGHTS & CONDITIONING @ SAC 8-10AM

VOLLEYBALL @ JGYM 10-11AM

MORE INFORMATION

grandprairievolleyball.com

