

SUMMER WORKOUT SCHEDULE

TEDDY GIRLS / BOYS BASKETBALL



JUNE

Enter through DOOR 4 - Main Gym

MONDAY - JUNE 17	WEDNESDAY - JUNE 19	FRIDAY - JUNE 21
NOON-3PM	NOON-3PM	NOON-3PM
MONDAY - JUNE 24	WEDNESDAY - JUNE 26	FRIDAY - JUNE 28
NOON-3PM	NOON-3PM	NOON-3PM

JULY

First Week of July OFF

MONDAY - JULY 8	WEDNESDAY - JULY 10	FRIDAY - JULY 12
NOON-3PM	NOON-3PM	NOON-3PM
MONDAY - JULY 15	WEDNESDAY - JULY 17	FRIDAY - JULY 19
NOON-3PM	NOON-3PM	NOON-3PM
MONDAY - JULY 22	WEDNESDAY - JULY 24	FRIDAY - JULY 26
NOON-3PM	NOON-3PM	NOON-3PM
MONDAY - JULY 29	WEDNESDAY - JULY 31	
NOON-3PM	NOON-3PM	

CONTACTS

BOYS BASKETBALL:
Donnie Groce
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GIRLS BASKETBALL:
Ty Wright
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WORKOUTS

12-1pm
 Speed+Strength+Agility

1-3pm
 Skills Development

Bring a water bottle