

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	FOOTBALL 6:30 – 8:30 AM		FOOTBALL 6:30 – 8:30 AM	FOOTBALL 8:30 – 11 AM
W BASKETBALL 8:30 – 10 AM			W BASKETBALL 8:30 – 10 AM	
	FOOTBALL 10 – 12 AM		FOOTBALL 10 – 12 AM	
	40+ LIFTING 12 – 1 PM	HIIT 12:15 – 12:45 PM	40+ LIFTING 12 – 1 PM	
Football Break June 24-28. Football schedule in effect until May 13 - July 26. Football testing on Monday, July 29, 9 am – 12 pm				
POWER PULSE CIRCUIT 6:30 – 7:30 PM	FOOTBALL 6:30 – 8:30 PM		FOOTBALL 6:30 – 8:30 PM	