

Cross Country/Track Summer Conditioning July 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 SCISA Mandatory Closed Dates	2 SCISA Mandatory Closed Dates	3 SCISA Mandatory Closed Dates	4 SCISA Mandatory Closed Dates	5 SCISA Mandatory Closed Dates	6
7	8 Upper Campus Weight Room 8:00 – 9:30 AM	9	10 Upper Campus Weight Room 8:00 – 9:30 AM	11 Upper Campus Weight Room 8:00 – 9:30 AM	12	13
14	15 Upper Campus Weight Room 8:00 – 9:30 AM	16	17 Upper Campus Weight Room 8:00 – 9:30 AM	18 Upper Campus Weight Room 8:00 – 9:30 AM	19	20
21	22 Upper Campus Weight Room 8:00 – 9:30 AM	23	24 Upper Campus Weight Room 8:00 – 9:30 AM	25 Upper Campus Weight Room 8:00 – 9:30 AM	26	27
28	29 SCISA Mandatory Closed Dates	30 SCISA Mandatory Closed Dates	31 SCISA Mandatory Closed Dates			