

Cross Country/Track Summer Conditioning June 2019

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