

# Bearcat Summer Strength & Conditioning

## JULY 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
						1	
2 OFF for July 4th week	3 OFF for July 4th week	4 OFF for July 4th week	5 OFF for July 4th week	6 OFF for July 4th week	7 OFF for July 4th week	8 OFF for July 4th week	
9 Strength & Conditioning (7-8 AM) <b>Open Gym after S&amp;C</b>	10 Strength & Conditioning (7-8 AM) <b>Open FB after S&amp;C</b>	11 Strength & Conditioning (7-8 AM) <b>Open Gym after S&amp;C</b>	12 Strength & Conditioning (7-8 AM) <b>Open FB after S&amp;C</b>	13 OFF	14	15	
16 Strength & Conditioning (7-8 AM) <b>Open Gym after S&amp;C</b>	17 Strength & Conditioning (7-8 AM) <b>Open FB after S&amp;C</b>	18 Strength & Conditioning (7-8 AM) <b>Open Gym after S&amp;C</b>	19 Strength & Conditioning (7-8 AM) <b>Open FB after S&amp;C</b>	20 OFF	21	22	
23 Strength & Conditioning (7-8 AM) <b>Open Gym after S&amp;C</b>	24 Strength & Conditioning (7-8 AM) <b>Open FB after S&amp;C</b>	25 Strength & Conditioning (7-8 AM) <b>Open Gym after S&amp;C</b>	26 Strength & Conditioning (7-8 AM) <b>Open FB after S&amp;C</b>	27 OFF	28	29	
30 Strength & Conditioning (7-8 AM) <b>Open Gym after S&amp;C</b>	31 Strength & Conditioning (7-8 AM) <b>Open FB after S&amp;C</b>	<b>NOTES:</b> <b>Coach Garcia 817-266-8093; Coach Hill 817-908-0745</b>					

