

Bearcat Summer Strength & Conditioning

JUNE 2018

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

