

Jr. High Winter Weight Training

- Training two days a week for athletes not involved in a Winter sport. Trainings will be on Tuesdays and Thursdays.
- We will meet at the Junior High weight room.

December 2019

Monday	Tuesday	Wednesday	Thursday	Friday
2	3 Training 3:20-4:30pm	4	5 Training 3:20-4:30pm	6
9	10 Training 3:20-4:30pm	11	12 Training 3:20-4:30pm	13

January 2020

Monday	Tuesday	Wednesday	Thursday	Friday
6	7 Training 3:20-4:30pm	8	9 Training 3:20-4:30pm	10
13	14 Training 3:20-4:30pm	15	16 Training 3:20-4:30pm	17
20	21 Training 3:20-4:30pm	22	23 Training 3:20-4:30pm	24
27	28 Training 3:20-4:30pm	29	30 Training 3:20-4:30pm	31

February 2020

Monday	Tuesday	Wednesday	Thursday	Friday
3	4 Training 3:20-4:30pm	5	6 Training 3:20-4:30pm	7
10	11 Training 3:20-4:30pm	12 Training 3:20-4:30pm	13	14
17	18	19 Training 3:20-4:30pm	20 Training 3:20-4:30pm	21