

Boys Junior High (8th/9thgrade) Basketball Summer Workout Schedule

July

5	Gym/Weights	9:00 – 12:00
7	Gym/Weights	9:00 – 12:00
9	Gym/Weights	9:00 – 12:00
12	Gym/Weights	9:00 – 12:00
14	Gym/Weights	9:00 – 12:00
16	Gym/Weights	9:00 – 12:00
19	Gym/Weights	9:00 – 12:00
21	Gym/Weights	9:00 – 12:00
23	Gym/Weights	9:00 – 12:00
26	Gym/Weights	9:00 – 12:00
28	Gym/Weights	9:00 – 12:00
30	Gym/Weights	9:00 – 12:00