

June 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Memorial Day CLOSED		DAY #1 GET STRONG 6-10AM	1	2 GET STRONG 6-10AM #2	3
4	5 GET STRONG 6-10AM #3	6	7 GET STRONG 6-10AM #4	8	9 GET STRONG 6-10AM #5	10
11	12 GET STRONG 6-10AM #6	13	14 GET STRONG 6-10AM #7	15	16 GET STRONG 6-10AM #8	17
18	19 GET STRONG 6-10AM #9	20	21 GET STRONG 6-10AM #10	22	23 GET STRONG 6-10AM #11	24
25	26 GET STRONG 6-10AM #12	27	28 GET STRONG 6-10AM #13	29	30 GET STRONG 6-10AM #14	

GROUPS

GROUP #1 6-7 AM

College Student Athletes
Coaches
Former GETSTRONG Athletes

GROUP #2 7-830 AM

FOOTBALL

GROUP #3 830 - 10 AM

VOLLEYBALL
Boys/ Girls Soccer
Boys/ Girls Basketball
X-Country
Boys and Girls Track

July 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
					GET STRONG 6-10AM #15	1	
2	GET STRONG 6-10AM #16	3	4	5	6	7	8
9	GET STRONG 6-10AM #19	10	11	12	13	14	15
16	GET STRONG 6-10AM #22	17	18	19	20	21	22
23	GET STRONG BIHL'S BOOT CAMP	24	25	26	27	28	29
			GET STRONG BIHL'S BOOT CAMP		<u>CLOSED FOR VACATION</u>	FALL SPORTS BEGIN	

GROUPS

GROUP #1 6-7 AM

College Student Athletes
Coaches
Former GETSTRONG Athletes

GROUP #2 7-8:30 AM

FOOTBALL

GROUP #3 8:30 - 10 AM

VOLLEYBALL
Boys/ Girls Soccer
Boys/ Girls Basketball
X-Country
Boys and Girls Track