

*****June 2021*****

DJHS SUMMER WORK OUT

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3	4	5	6
7 8:00-9:30 WEIGHTS &FB skills @DHS	8 8:00-9:30 WEIGHTS &FB skills @DHS	9	10 8:00-9:30 WEIGHTS &FB skills @DHS	11	12	13
14 8:00-9:30 WEIGHTS &FB skills @DHS	15 8:00-9:30 WEIGHTS &FB skills @DHS	16	17 8:00-9:30 WEIGHTS &FB skills @DHS	18	19	20
21 8:00-9:30 WEIGHTS &FB skills @DHS	22 8:00-9:30 WEIGHTS &FB skills @DHS	23	24 8:00-9:30 WEIGHTS &FB skills @DHS	25	26	27
28 8:00-9:30 WEIGHTS &FB skills @DHS	29 8:00-9:30 WEIGHTS &FB skills @DHS	30	July 1 8:00-9:30 WEIGHTS &FB skills @DHS	2	3	4
5 OFF	6 OFF	7 OFF	8 OFF	9 OFF	10 OFF	11 OFF

*****Workouts for DJHS football will be at the High School.*****

GO DRAGONS!!!