

Summer Lifting

M/W/F

6:00-7:15 HS Out of Season Volleyball

7:15-8:30 - HS Out of Season Football

8:30-9:15 - HS In-Season Softball

9:15-10:00 - HS In-Season Baseball

10:00-11:15 - HS Open / Out of Season Cross Country,
Golf

T/TH

7:00 - 9th Baseball/Softball

8:00 - MS 7th

9:00 - MS Softball 7th grade / 7th Grade

10:00 - MS 8th

11:00 - MS Softball 8th grade / 8th Grade