

Cardinal Strength High School Summer Weight Room Hours

Every Monday, Wednesday, Friday
6/5/17 through 8/18/17

Monday/Fridays

7-7:45am-Speed/Plyo Training @ Football Field

7:45-8am - Break

8am - 10am - Weight Room

Wednesdays

7-10am - Weight Room

*****Weight Room will be closed July 3rd/4th/5th*****

******HS Athletes are welcome to come lift on Tue/Thur during Jr. High Sessions******

There are 31 total training sessions between June 5th though August 18th, 2017

Cardinal Strength Junior High Summer Weight Room Hours

Every Tuesday/Thursday
6/6/17 through 8/1/17

Tuesday/Thursday

8-8:45am-Speed/Plyo Training @ Football Field

8:45-9am - Break

9am - 10am - Weight Room

****Weight Room will be closed July 3rd/4th/5th****

*****Jr. High Students can come lift during HS sessions on MWF 8/2 - 8/18/17***
There are 16 total training sessions between June 5th though August 18th, 2017**