

# August 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 WORKOUT AND CONDITIONING 4:30PM -6:00PM	2	3
4	5	6 WORKOUT AND CONDITIONING 4:15- 6:00PM	7	8 WORKOUT AND CONDITIONING 4:15- 6:00PM	9	10
11	12	13 WORKOUT AND CONDITIONING 4:15- 6:00PM	14	15 WORKOUT AND CONDITIONING 4:15- 6:00PM	16	17
18	19	20 WORKOUT AND CONDITIONING 4:15- 6:00PM	21	22 WORKOUT AND CONDITIONING 4:15- 6:00PM	23	24
25	26	27 WORKOUT AND CONDITIONING 4:15- 6:00PM	28	29 WORKOUT AND CONDITIONING 4:15- 6:00PM	30	31

**OFF SEASON CONDITIONING**

VIKING PRIDE BEGINS WITH ME!

LAKESIDE VARSITY FLAG FOOTBALL

SUMMER WORKOUT DATES