June 2026

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

OFF SEASON CONDITIONING

VIKING PRIDE BEGINS WITH ME!

LAKESIDE VARSITY FLAG FOOTBALL

SUMMER WORKOUT DATES