



May 2018



Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
Work Out – WO Conditioning - C		1 WO & C 2:10 – 3:30	2 WO & C 2:10 – 3:30	3	4	5 WO 12:30 – 2:00
6	7 WO & C 2:10 – 3:30	8 WO & C 2:10 – 3:30	9 WO & C 2:10 – 3:30	10	11	12 WO 12:30 – 2:00
13	14 WO & C 2:10 – 3:30	15 WO & C 2:10 – 3:30	16 WO & C 2:10 – 3:30	17	18	19 365 GAME TBA
20	21 WO & C 2:10 – 3:30	22 WO & C 2:10 – 3:30	23 WO & C 2:10 – 3:30	24	25	26 WO 12:00 – 2:00
27	28 OFF	29 OFF	30 OFF	31		

Notes

Work Out (WO)

Conditioning (C)

Ladies – Make sure you are on time!



June 2018



Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
					1	2 WO 12:30 – 2:00
3	4 WO & C 12:30 – 2:30	5 Summer League Mandarin vs Westside 6:30pm	6 WO & C 12:30 – 2:30	7 Summer League Mandarin vs Raines 7:30pm	8	9 365 GAME TBA
10	11 WO & C 12:30 – 2:00	12 Summer League Mandarin vs Bishop Kenny 6:30pm	13 WO & C 12:30 – 2:00	14 OFF	15	16
17	18 WO & C 12:30 – 2:00	19 Summer League Mandarin vs Westside 5:30pm	20 WO & C 12:30 – 2:00	21 Summer League Mandarin vs Ribault 7:30pm	22	23
24	25 WO & C 12:30 – 2:00	26 Summer League Mandarin vs Sandalwood 5:30pm	27 WO & C 12:30 – 2:00	28 Summer League Mandarin vs Raines 6:30pm	29	30

Notes

All Summer League Games at Ribault High School

Work Out (WO) & Conditioning (C)

Ladies – Make sure you are on time!

The Best is Yet to Come!

Coach Flynn



July 2018



Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
1 Work Out – WO Conditioning - C	2 OFF	3	4 OFF	5	6	7
8	9 OFF	10	11 WO & C 12:30 – 2:00	12	13	14
15	16 WO & C 12:30 – 2:00	17	18 OFF	19	20	21
22	23 OFF	24	25 WO & C 12:30 – 2:00	26	27	28 WO & C 12:30 – 2:00
29	30 OFF	31				

Notes	<ul style="list-style-type: none">➤ Work Out (WO)➤ Conditioning (C)➤ Summer League (SL)	<ul style="list-style-type: none">➤ All Summer League Games at Ribault High School➤ Ladies – Make sure you are on time!➤ And remember..... The Best is Yet to Come!
		Coach Flynn