

June 2024 Girls Weightlifting

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	29	30	May 31	1
2	3	4	5	6	7	8
Week 1 9	10	11 Gymnasium Weightroom 8:00 am – 10:00 am	12	13 Gymnasium Weightroom 8:00 am – 10:00 am	14	15
Week 2 16	17	18 Gymnasium Weightroom 8:00 am – 10:00 am	19	20 Gymnasium Weightroom 8:00 am – 10:00 am	21	22
Week 3 23	24	25 Gymnasium Weightroom 8:00 am – 10:00 am	26	27 Gymnasium Weightroom 8:00 am – 10:00 am	28	29

July 2024 Girls Weightlifting

Sun	Mon	Tue	Wed	Thu	Fri	Sat
June 30 Week 4	1	2 Gymnasium Weightroom 8:00 am – 10:00 am	3	4 Gymnasium Weightroom 8:00 am – 10:00 am	5	6
7 Week 5	8	9 Gymnasium Weightroom 8:00 am – 10:00 am	10	11 Gymnasium Weightroom 8:00 am – 10:00 am	12	13
14 Week 6	15	16 Gymnasium Weightroom 8:00 am – 10:00 am	17	18 Gymnasium Weightroom 8:00 am – 10:00 am	19	20
21 Week 7	22	23 Gymnasium Weightroom 8:00 am – 10:00 am	24	25 Gymnasium Weightroom 8:00 am – 10:00 am	26	27
28 Week 8	29	30 Gymnasium Weightroom 8:00 am – 10:00 am	31	August 1 Gymnasium Weightroom 8:00 am – 10:00 am		