

2015 Boys Team Summer Workout



**Revised
6/9/2015**

Monday	Tuesday	Wednesday	Thursday	Friday
10:30am - 1:30pm (Training Level 5 & 6 Boys)	10:30am - 1:30pm (Training Level 6 Boys)	10:30am - 1:30pm (Training Level 5 & 6 Boys)	10:30am - 1:30pm (Training Level 5 Boys)	12:00pm - 3:00pm (Training Level 5 & 6 Boys) Corrected
10:30am-2:30pm (Training Level 7 & up Boys)	10:30am-2:30pm (Training Level 7 & up Boys)	10:30am-2:30pm (Training Level 7 & up Boys)	10:30am-2:30pm (Training Level 7 & up Boys)	12:00pm - 4:00pm (Training Level 7 & up Boys) Corrected