

Spring/Summer Lifting & Conditioning 2011

Wednesday 5/18: 6-7:30

Friday 5/20: 4:30-6

Monday 5/23: 4:30-6

Wednesday 5/25: 6-7:30

Friday 5/27: 4:30-6

TUESDAY (due to holiday) 5/31: 4:30-6

Wednesday 6/1: 6-7:30

Friday 6/3: 4:30-6

Monday 6/6: 4:30-6:30

Wednesday 6/8: 5:30-7:30

Friday 6/10: 4:30-6:30

Monday 6/13: 4:30-6:30

Wednesday 6/15: 5:30-7:30

Friday 6/17: 4:30-6:30

Monday 6/20: 4:30-6:30

Wednesday 6/22: 5:30-7:30

Friday 6/24: 4:30-6:30