

## Girls High School Summer Weights Calendar 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Extra
May 28	May 29	May 30	May 31	June 1	June 2	Monday-Thursday High School 7:30-8:30
	←		Off Week		→	
June 4	June 5 1st Day of Weights	June 6	June 7	June 8	June 9	Jr. High 8:00-9:00  Coach Webb # 4174378398 Email: bwebb@cjr1.org
June 11	June 12	June 13	June 14	June 15	June 16	
June 18	June 19	June 20	June 21	June 22	June 23	
June 25	June 26	June 27	June 28	June 29 Last Day of Weights	June 30	