

Workout Schedules Starting 9/21/20

Mondays	2:30pm	3:00pm	3:30pm	4:00pm	4:30pm	5:00pm	5:30pm
Varsity Softball Field							
JV Softball Field							
North End Zone		Freshman Football					
South End Zone		Freshman Football					
Left Field Baseball		Baseball					
Right Field Baseball		Baseball					
Track	Track					Cross Country	
Tennis Courts		Girls Tennis					
Tuesdays							
2:30pm	3:00pm	3:30pm	4:00pm	4:30pm	5:00pm	5:30pm	
Varsity Softball Field	Frosh VB		JV VB		Varsity VB		
JV Softball Field							
North End Zone		JV & V Football					
South End Zone		JV & V Football					
Left Field Baseball							
Right Field Baseball							
Track	Track					Cross Country	
Tennis Courts		Boys Tennis					
Wednesdays							
2:30pm	3:00pm	3:30pm	4:00pm	4:30pm	5:00pm	5:30pm	
Varsity Softball Field	Frosh VB		JV VB		Varsity VB		
JV Softball Field							
North End Zone		Freshman Football					
South End Zone		Freshman Football					
Left Field Baseball		Baseball					
Right Field Baseball		Baseball					
Track							
Tennis Courts		Girls Tennis					
Thursdays							
2:30pm	3:00pm	3:30pm	4:00pm	4:30pm	5:00pm	5:30pm	
Varsity Softball Field	Frosh VB		JV VB		Varsity VB		
JV Softball Field							
North End Zone		JV & V Football					
South End Zone		JV & V Football					
Left Field Baseball							
Right Field Baseball							
Track	Track					Cross Country	
Tennis Courts		Boys Tennis					
Fridays							
2:30pm	3:00pm	3:30pm	4:00pm	4:30pm	5:00pm	5:30pm	
Varsity Softball Field							
JV Softball Field							
North End Zone							
South End Zone							
Left Field Baseball		Baseball					
Right Field Baseball		Baseball					
Track						Cross Country	

Volleyball
JV & V Football
Freshman Football
Track
Cross Country
Girls Tennis
Boys Tennis
Baseball