

MAY 2016 Federal Hocking Basketball Junior High / High School Open Gym Schedule

Sun	Mon	Tues	Wed	Thu	Fri	Sat
Coach Justus 740-207-7262 1	2	3	4	5	6	7
Open gym/Ind. Workouts 12-2pm			Open gym 5:30-7:30			Open gym 2-4pm
8	9	10	11	12	13	14
Open gym & Ind. Workouts 12-2pm	Open Gym 5:30-7:30pm	Lift 2:50-3:50	Open gym 5:30-7:30	Lift 2:50-3:50		
15	16	17	18	19	20	21
Open gym/ind. Workouts 12-2pm		Lift 2:50-3:50	Open Gym 5:30-7:30	Lift 2:50-3:50 Lift 2:50-3:50		Open gym 11am-1pm
22	23	24	25	26	27	28
Open gym/ind. Workouts 12-2pm		Open Gym/Lifting 5:15-7:30	Open Gym 5:30-7:30pm	Open Gym/Lifting 5:15-7:30		
29	30					

