

# APRIL 2016 Federal Hocking Basketball Jr. High/High School Open Gym Schedule

Sun	Mon	Tues	Wed	Thu	Fri	Sat
1	COACH JUSTUS: 740- 207-7262				1	2
3	4	5 Lift 2:50- 3:50	6 Open Gym 5-7pm	7 Lift 2:50- 3:50	8	9 Open Gym/Individual workouts 12-2pm
10 Open Gym/Individual workouts 12-2pm	11	12 Lift 2:50- 3:50	13 Open Gym 5-7pm	14 Lift 2:50- 3:50	15	16
17 Open Gym/Individual workouts 12-2pm	18	19 Lift 2:50- 3:50	20 Open Gym 5-7pm	21 Lift 2:50- 3:50	22	23 Open Gym/Individual workouts 3-5pm
24 Open Gym/Individual workouts 12-2pm	25	26 Lift 2:50- 3:50	27 Open Gym 5-7pm	28 Lift 2:50- 3:50	29	30

