

Mukwonago Football

JULY 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Strength & Conditioning 7-9:00 AM Frosh - 9-11:00 AM	2 Strength & Conditioning 7-9:00 AM Frosh - 9-11:00 AM	3	4
5	6 Strength & Conditioning 7-9:00 AM Frosh - 9-11:00 AM	7 Strength & Conditioning 7-9:00 AM Frosh - 9-11:00 AM	8 Strength & Conditioning 7-9:00 AM Frosh - 9-11:00 AM	9 Strength & Conditioning 7-9:00 AM Frosh - 9-11:00 AM	10	11
12	13 Strength & Conditioning 7-9:00 AM Frosh - 9-11:00 AM	14 Strength & Conditioning 7-9:00 AM Frosh - 9-11:00 AM	15 Strength & Conditioning 7-9:00 AM Frosh - 9-11:00 AM	16 Strength & Conditioning 7-9:00 AM Frosh - 9-11:00 AM	17	18
19 Equipment Distribution 1:00 PM Contact #1 2-6:00 PM FROSH EQUIP @ 1:30 PM	20 Contact #2 7 AM - Noon Frosh: 2-4:30 PM	21 Contact #3 7 AM - Noon Frosh: 2-4:30 PM	22 Contact #4 7 AM - Noon Frosh: 2-4:30 PM	23 Contact #5 7 AM - Noon	24 Dead	25 Dead
26 Dead	27 Optional Lift	28 Optional Lift	29 Optional Lift	30 Optional Lift	31 Dead	Dead
Dead		Notes:				