



2019 Summer Workout Schedule

Monday, Wednesday, Friday Schedule (Weight Room)

Sessions below are open to all Students. Below is the suggested time for each group:

7:30am – 9:00am (All Female Athletes)

9:00am – 11:00am (Boys Basketball & Football)

11:00am – 12:45pm (All Other Male Sports)

1:00pm – 2:00pm (All Middle School Students)

Tuesday & Thursday Schedule (Turf Field)

7:30am – 9:30am (All Student-Athletes)

If you are unable to attend any of the above sessions please contact Coach Garrish at John.Garrish@nbps.org.