

# STRENGTH & CONDITIONING

## with Coach Shanley & Coach Batty

CrossFit Maroon and White's Monthly Schedule

# MAY

# 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	29	30	1	2	3	4
				Strength & Conditioning <a href="#">3:05 PM</a>	Strength 101 <a href="#">3:05 PM</a>	
5	6	7	8	9	10	11
	Strength & Conditioning <a href="#">3:05 PM</a>	Strength 101 <a href="#">3:05 PM</a>	Strength & Conditioning <a href="#">3:05 PM</a>	Strength 101 <a href="#">3:05 PM</a>	Strength & Conditioning <a href="#">3:05 PM</a>	
12	13	14	15	16	17	18
	Strength & Conditioning <a href="#">3:05 PM</a>	Strength 101 <a href="#">3:05 PM</a>	Strength & Conditioning <a href="#">3:05 PM</a>	Strength 101 <a href="#">3:05 PM</a>	Strength & Conditioning <a href="#">3:05 PM</a>	
19	20	21	22	23	24	25
	Strength & Conditioning <a href="#">3:05 PM</a>	Strength 101 <a href="#">3:05 PM</a>	Strength & Conditioning <a href="#">3:05 PM</a>	Strength 101 <a href="#">3:05 PM</a>	Strength & Conditioning <a href="#">3:05 PM</a>	
26	27	28	29	30	31	
	<b>No School Memorial Day</b>	Strength 101 <a href="#">3:05 PM</a>	Strength & Conditioning <a href="#">3:05 PM</a>	Strength 101 <a href="#">3:05 PM</a>	Strength & Conditioning <a href="#">3:05 PM</a>	

- **REGISTRATION REQUIRED** in google sheet on Google Classroom code: efyhtf
- Max 24 students in Strength & Conditioning sessions
- Max 16 students in Strength 101 sessions
- MOBILITY CLUB: Mobility & recovery 7:30 AM Tues/Thurs



<https://www.veronaschools.org/Domain/1177>