

2019 LADY SAILORS' SUMMER SCHEDULE (MAY/JUNE)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26 No Workouts	27 No Workouts	28 Workout 5:30-8:00 pm Gym-5:30-6:45 Weight Room 6:45-8:00	29 Workout 5:30-8:00 pm Gym-5:30-6:45 Weight Room 6:45-8:00	30 Workout 5:30-8:00 pm Gym-5:30-6:45 Weight Room 6:45-8:00	31 No Workouts	1 Benderson Run @ 7 am
2 No Workouts	3 5:00 pm game @ St. Stephens vs. Southeast (Away)	4 Workout 5:30-8:00 pm Gym-5:30-6:45 Weight Room 6:45-8:00	5 6:00 pm game @ St. Stephens vs. Manatee (Away)	6 Workout 5:30-8:00 pm Gym-5:30-6:45 Weight Room 6:45-8:00	7 No Workouts	8 Ringling Bridge Run @ 7 am
9 No Workouts	10 6:00 & 7:00 pm games @ St. Stephens vs. Hardee & SSES (Home)	11 Workout 5:30-8:00 pm Gym-5:30-6:45 Weight Room 6:45-8:00	12 5:00 & 7:00 pm games @ St. Stephens vs. LRHS & Southeast (Home)	13 Workout 5:30-8:00 pm Gym-5:30-6:45 Weight Room 6:45-8:00	14 No Workouts	15 Benderson Run @ 7 am
16 No Workouts	17 8:00 pm game @ St. Stephens vs. Manatee (Away)	18 Workout 5:30-8:00 pm Gym-5:30-6:45 Weight Room 6:45-8:00	19 8:00 pm game @ St. Stephens vs. Hardee (Away)	20 Workout 5:30-8:00 pm Gym-5:30-6:45 Weight Room 6:45-8:00	21 USF Tournament TBA	22 USF Tournament TBA
23 USF Tournament TBA	24 6:00 pm game @ St. Stephens vs. LRHS (Home)	25 Workout 5:30-8:00 pm Gym-5:30-6:45 Weight Room 6:45-8:00	26 Playoff Game TBA	27 No Workouts	28 No Workouts	29 No Workouts