



2025 . JUNE

SILLIMAN SUMMER WORKOUTS

MON	TUE		WED		THU		FRI	SAT	SUN
2	3	6-7GIRLS 7:15-9:159-12 BOYS 9:30-10:307TH&8TH BOYS 10:30-11:30GIRLS	4	7:15-9:159-12 BOYS 9:30-10:307TH&8TH BOYS	5	7:15-9:159-12 BOYS 9:30-10:307TH&8TH BOYS 10:30-11:30GIRLS	6	7	8
9	10	6-7GIRLS 7:15-9:159-12 BOYS 9:30-10:307TH&8TH BOYS 10:30-11:30GIRLS	11	7:15-9:159-12 BOYS 9:30-10:307TH&8TH BOYS	12	7:15-9:159-12 BOYS 9:30-10:307TH&8TH BOYS 10:30-11:30GIRLS	13	14	15
16	17	6-7GIRLS 7:15-9:159-12 BOYS 9:30-10:307TH&8TH BOYS 10:30-11:30GIRLS	18	7:15-9:159-12 BOYS 9:30-10:307TH&8TH BOYS	19	7:15-9:159-12 BOYS 9:30-10:307TH&8TH BOYS 10:30-11:30GIRLS	20	21	22
23	24	6-7GIRLS 7:15-9:159-12 BOYS 9:30-10:307TH&8TH BOYS 10:30-11:30GIRLS	25	7:15-9:159-12 BOYS 9:30-10:307TH&8TH BOYS	26	7:15-9:159-12 BOYS 9:30-10:307TH&8TH BOYS 10:30-11:30GIRLS	27	28	29
30									



2025 . JULY

MON	TUE		WED		THU		FRI	SAT	SUN
	1	6-7GIRLS 7:15-9:159-12 BOYS 9:30-10:307TH&8TH BOYS 10:30-11:30GIRLS	2	7:15-9:159-12 BOYS 9:30-10:307TH&8TH BOYS	3	7:15-9:159-12 BOYS 9:30-10:307TH&8TH BOYS 10:30-11:30GIRLS	4	5	6
7	8	6-7GIRLS 7:15-9:159-12 BOYS 9:30-10:307TH&8TH BOYS 10:30-11:30GIRLS	9	7:15-9:159-12 BOYS 9:30-10:307TH&8TH BOYS	10	7:15-9:159-12 BOYS 9:30-10:307TH&8TH BOYS 10:30-11:30GIRLS	11	12	13
14	15	6-7GIRLS 7:15-9:159-12 BOYS 9:30-10:307TH&8TH BOYS 10:30-11:30GIRLS	16	7:15-9:159-12 BOYS 9:30-10:307TH&8TH BOYS	17	7:15-9:159-12 BOYS 9:30-10:307TH&8TH BOYS 10:30-11:30GIRLS	18	19	20
21	22	6-7GIRLS 7:15-9:159-12 BOYS 9:30-10:307TH&8TH BOYS 10:30-11:30GIRLS	23	7:15-9:159-12 BOYS 9:30-10:307TH&8TH BOYS	24	7:15-9:159-12 BOYS 9:30-10:307TH&8TH BOYS 10:30-11:30GIRLS	25	26	27
28	29	6-7GIRLS 7:15-9:159-12 BOYS 9:30-10:307TH&8TH BOYS 10:30-11:30GIRLS	30	7:15-9:159-12 BOYS 9:30-10:307TH&8TH BOYS	31	7:15-9:159-12 BOYS 9:30-10:307TH&8TH BOYS 10:30-11:30GIRLS			



2025 . AUGUST

MON	TUE	WED	THU	FRI	SAT	SUN
3	6-7 GIRLS 7:15-9:15 9-12 BOYS 9:30-10:30 7TH&8TH BOYS 10:30-11:30 GIRLS	5 7:15-9:15 9-12 BOYS 9:30-10:30 7TH&8TH BOYS	6 7:15-9:15 9-12 BOYS 9:30-10:30 7TH&8TH BOYS 10:30-11:30 GIRLS	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						