

WINDERMERE PREP FALL STRENGTH & CONDITIONING CAMP SCHEDULE OCTOBER



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 LIFT LIKE A LAKER (ADULTS) 9-10AM FASST Camp (5th-8th graders) 615-715 pm	3	4	5 By Appointment Training 3-5 pm	6
7	8	9 LIFT LIKE A LAKER (ADULTS) 9-10AM FASST Camp (5th-8th graders) 615-715 pm	10	11	12 By Appointment Training 3-5 pm	13
14	15	16 LIFT LIKE A LAKER (ADULTS) 9-10AM FASST Camp (5th-8th graders) 615-715 pm	17	18	19 By Appointment Training 3-5 pm	20
21	22	23 LIFT LIKE A LAKER (ADULTS) 9-10AM FASST Camp (5th-8th graders) 615-715 pm	24	25	26 By Appointment Training 3-5 pm	27
28	29	30 LIFT LIKE A LAKER (ADULTS) 9-10AM FASST Camp (5th-8th graders) 615-715 pm	31			



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