

April

Hammer the Rock

2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Off ¹	Off ²	Off ³
Off ⁴	Off ⁵	Off ⁶	Lift ⁷ 3pm / 6pm / 7pm	Lift ⁸ 3pm / 6pm / 7pm	Off ⁹	
Field 3 pm-4:30pm ¹¹	Lift ¹² 3pm / 6pm / 7pm	Off ¹³	Lift ¹⁴ 3pm / 6pm / 7pm	Lift ¹⁵ 3pm / 6pm / 7pm	Off ¹⁶	SVSFAC Flag football ¹⁷ 9-11 a.m. Juniors /Seniors
Field 3 pm-4:30pm ¹⁸	Lift ¹⁹ 3pm / 6pm / 7pm	Off ²⁰	Lift ²¹ 3pm / 6pm / 7pm	Lift ²² 3pm / 6pm / 7pm	Off ²³	SVSFAC Flag football ²⁴ 9-11 a.m. Juniors /Seniors
Field 3 pm-4:30pm ²⁵	Lift ²⁶ 3pm / 6pm / 7pm	Off ²⁷	Lift ²⁸ 3pm / 6pm / 7pm	Lift ²⁹ 3pm / 6pm / 7pm	Off ³⁰	SVSFAC Flag football 9-11 a.m. Juniors /Seniors