

2023 SUMMER WORKOUTS

# GANDER FOOTBALL



May 31st-June 29th

## SUMMER SESSION 1

8:00 AM-11:00 AM

Monday-Thursday

WEIGHT ROOM, CONDITIONING,  
FOOTBALL DEVELOPMENT

July 10th-July 14th

## SUMMER SESSION 2

8:00 AM-11:00 AM

Monday-Thursday

WEIGHT ROOM, CONDITIONING,  
FOOTBALL DEVELOPMENT

