

Unity Christian--Summer Workout Program/Open Gym Schedule--2026

Weightlifting/Workouts/Open gyms: June 1-July 24

Monday

6:00-7:00am Boys weightlifting
6:30-7:30am Boys Summer running club (June 1-July 20)
6:45-7:30am 9th-12th Girls Basketball BEST shooting. (June 1,8,15,22,29, July 6)
7:30-8:15am Girls weightlifting
7:00-7:45am. Boys basketball individual workouts. June 1-July 20

Tuesday

6:00-7:00am Boys weightlifting
6:30-7:30am Boys and Girls Summer running club (June 2- July 21)
7:00-7:45am High School Football individual workouts. (June 2-July 21)
8:00-9:00am Girls soccer workouts. (June 2-July 21)
9:00-10:00am 4th-8th Girls and Boys BEST shooting (May 26, June 2,9,16,23,30)
3:00-4:00pm 4th-8th Girls and Boys BEST shooting (May 26, June 2,9,16,23,30)

Wednesday

6:00-6:45am Boys weightlifting
6:45-7:30am 9th-12th Boys Basketball BEST shooting (May 27, June 3,10,17,24, July 1)
Boys Basketball Individual workouts (July 8,15,22)
6:45-7:30am 9th-12th Volleyball Open Gym/Individual Workouts. (June 3-July 22)
7:30-8:15am Girls weightlifting
7:00-8:00pm Boys soccer workouts. (June 3-July 22)
7:00-8:00pm 6th-8th Boys Basketball Workouts/Open Gym. (July 8,15,22)

Thursday

6:00-7:00am Boys weightlifting
6:30-7:30am Boys and Girls Summer running club (June 4-July 23)
7:00-7:45am High School Football individual workouts. (June 4-July 23)

Friday

6:00-7:00am Boys weightlifting
6:45-7:30am Girls basketball individual workouts (June 5,12,19,26)
Girls volleyball individual workouts (July 3,10,17,24)
7:30-8:15am Girls weightlifting
6:45-8:15am. Boys soccer open field. (June 5-July 24)

Testing Days—(Current grade levels)

May 19	10th & 11th boys—Weightlifting max.	6:30-7:15am
	9th boys— Weightlifting max.	7:15-8:00am
May 20	10th & 11th girls—Weightlifting max.	6:30-7:15am
	9th girls—Weightlifting max.	7:15-8:00am