PVHS Girls Basketball

Workout Schedule

April 2022

| [◄ Mar 2022](https://www.wincalendar.com/Calendar-UK/March-2022%22%20%5Co%20%22March%202022) | **April 2022** | [May 2022 ►](https://www.wincalendar.com/Calendar-UK/May-2022) |
| --- | --- | --- |
| **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** | **Sun** |
|  |  |  |  | 1 OFF | 2  | 3  |
| 4 WeightsArms/ShouldersSkill DevelopmentDribbling | 5 Skill DevelopmentShooting | 6 WeightsAllSkill DevelopmentDefense/Rebounding | 7 WeightsLegs/BackSkill DevelopmentFootwork/Passing | 8 OFF | 9  | 10  |
| 11 Weights Legs/BackSkill DevelopmentDefense/Rebounding  | 12 Skill DevelopmentShooting | 13 WeightsAllSkill DevelopmentFootwork/Passing | 14 WeightsArms/ShouldersSkill DevelopmentShooting | 15 OFF | 16  | 17  |
| 18 OFF | 19 OFF | 20 OFF | 21 OFF | 22 OFF | 23  | 24  |
| 25 WeightsArms/ShouldersSkill DevelopmentDribbling | 26 Skill DevelopmentShooting | 27 WeightsAllSkill DevelopmentFootwork/Passing | 28 WeightsLegs/BackSkill DevelopmentDefense/Rebounding | 29 OFF | 30  |  |