PVHS Girls Basketball

Workout Schedule

April 2022

| [◄ Mar 2022](https://www.wincalendar.com/Calendar-UK/March-2022" \o "March 2022) | **April 2022** | | | | | [May 2022 ►](https://www.wincalendar.com/Calendar-UK/May-2022) |
| --- | --- | --- | --- | --- | --- | --- |
| **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** | **Sun** |
|  |  |  |  | 1  OFF | 2 | 3 |
| 4  Weights  Arms/Shoulders  Skill Development  Dribbling | 5  Skill Development  Shooting | 6  Weights  All  Skill Development  Defense/Rebounding | 7  Weights  Legs/Back  Skill Development  Footwork/Passing | 8  OFF | 9 | 10 |
| 11  Weights  Legs/Back  Skill Development  Defense/Rebounding | 12  Skill Development  Shooting | 13  Weights  All  Skill Development  Footwork/Passing | 14  Weights  Arms/Shoulders  Skill Development  Shooting | 15  OFF | 16 | 17 |
| 18  OFF | 19  OFF | 20  OFF | 21  OFF | 22  OFF | 23 | 24 |
| 25  Weights  Arms/Shoulders  Skill Development  Dribbling | 26  Skill Development  Shooting | 27  Weights  All  Skill Development  Footwork/Passing | 28  Weights  Legs/Back  Skill Development  Defense/Rebounding | 29  OFF | 30 |  |