



CDS Boys Basketball

Fall 2022

Workout Schedule



Week 1

Monday, August 29 – 7pm Main Gym

Thursday, September 1 – 7pm Main Gym

Week 2

Tuesday, September 6 – 6pm Main Gym

Thursday, September 8 – 6pm Main Gym

Week 3

Tuesday, September 13 - 7pm Main Gym

Thursday, September 15 - 7pm Main Gym

Week 4

Monday, September 19 - 6pm Small Gym

Wednesday, September 21 – 6pm Small Gym

Week 5

Monday, September 26 - 7pm Main Gym

Thursday, September 29 - 6pm Main Gym

Week 6

Tuesday, October 11 - 7pm Main Gym

Thursday, October 13 - 6pm Main Gym

Week 7

Tuesday, October 18 - 6pm Main Gym

Thursday, October 20 - 6pm Main Gym

Week 8

Tuesday, October 25 - 7pm Main Gym

Wednesday, October 26 - 6pm Main Gym