

SA Christian MS

Strength and Conditioning (M)



MS Strength & Conditioning - WEEK 7

Week 7 - July 20-23 (9:30am-11:00am), Monday thru Thursday (No Friday class)

Camp Start Date: July 20, 2026

Start Time: 9:30:00 AM

Camp End Date: July 23, 2026

End Time: 11:00:00 AM

Venue Name: Weight Room

Venue Address: 19202 Redland Rd. , San Antonio , TX 78259

Camp Cost: \$100.00

Questions: Anna Gober agober@sachristian.org