

SUNSHINE BOYS 2024 SCHEDULE				
WEEK		DATE	LOCATION	NTLBC teams
1	MONDAY	May 27th	PORT CREDIT	1. 2.
2	MONDAY	June 3rd	OAKVILLE	1. 2.
3	MONDAY	JUNE 10th	ETOBICOKE	1. 2.
4	MONDAY	JUNE 17th	JAMES GARDENS	1. 2.
5	MONDAY	JUNE 24TH	ETOBICOKE	1. 2.
6	WEDNESDAY	JULY 3TH	NEW TORONTO	1. 2.
7	MONDAY	JULY 8TH	WEST TORONTO	1. 2.
8	MONDAY	JULY 15TH	JAMES GARDENS	1. 2.
9	MONDAY	JULY 22TH	ETOBICOKE	1. 2.
10	Monday	JULY 29th	NEW TORONTO	1. 2.
11	Wednesday	AUGUST 7TH	PORT CREDIT	1. 2.
14	MONDAY	AUGUST 12TH	JAMES GARDENS	1. 2.
15	MONDAY	AUGUST 19th	OAKVILLE	1. Steve 2.
16	MONDAY	AUGUST 26TH	PORT CREDIT	1. Steve 2.
	PLAYOFFS	SEPT 9TH	PORT CREDIT	1. Steve 2.
		SEPT 11/SEPT 16	PLAY OFF RAIN DATE	

LEGS

SETS REPS

SQUAT

3 8

BARBELL LUNGE

3 10

LEG EXTENSION

3 8 TO 10

LEG CURL

3 8

SEATED CALF RAISE

3 10 TO 12

BICEPS

EZ BAR CURL

3 8

INCLINE DUMBBELL CURLS

3 8

CONCENTRATION CURL

2 6 TO 8
