

	SUNSHINE BOYS 2025 SCHEDULE				
WEEK		DATE	LOCATION	NTLBC teams	
1	MONDAY	May 26th	PORT CREDIT	1. Steve B, Robert J, Peter K 2. Gary M, Mike Spaziani, Mike Pinkerton	
2	MONDAY	June 2nd	OAKVILLE	1. Steve B, Robert J, Ed White 2. Mike Spaziani, John B, David Miles	
3	MONDAY	JUNE 9th	ETOBICOKE	1. Steve B, Robert J, Ed White 2. John B, Mike Pinkerton, Bob H	
4	MONDAY	JUNE 16th	JAMES GARDENS	1. Steve B, Robert J, Peter K 2. Mike Spaziani, John B, Mike Pinkerton,	
5	MONDAY	JUNE 23rd	ETOBICOKE	1. Steve B, Robert J, Peter K 2. Mike Spaziani, John B, Bob H	
6	WEDNESDAY	JUNE 30th	WEST TORONTO	1. Steve B, Robert J, Ed White 2. Mike Spaziani, Mike Pinkerton, Bob H	
7	MONDAY	JULY 7TH	NEW TORONTO	1. 2.	
8	MONDAY	JULY 14TH	JAMES GARDENS	1. 2.	
9	MONDAY	JULY 21st	ETOBICOKE	1. 2.	
10	Monday	JULY 28th	NEW TORONTO	1. 2.	
11	Wednesday	AUGUST 6TH	PORT CREDIT	1. 2.	
12	MONDAY	AUGUST 11TH	JAMES GARDENS	1. 2.	
13	MONDAY	AUGUST 18th	OAKVILLE	1. 2.	
14	MONDAY	AUGUST 25TH	PORT CREDIT	1. 2.	
15	MONDAY	SEP 1st	NO game	1. 2.	
16	MONDAY	SEPT 8TH	PLAYOFFS	1. 2.	
17	WEDNESDAY	SEPT 10TH	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
