

WEIGHT ROOM SCHEDULE DECEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 6:15am-7am All Sports 7:10-8am Zero Period 2:30pm-3:00Lax 3:05-3:35 BASEBALL 3:40-4:10 all Sports 4:30-5PM BASKETBALL TEAM	3 6:15am-7am All Sports 7:10-8am Zero Period 2:30pm-3:00Lax 3:05-3:35 BASEBALL 3:40-4:10 all Sports 4:30-5PM BASKETBALL TEAM	4	5 6:15am-7am All Sports 7:10-8am Zero Period 2:30pm-3:00Lax 3:05-3:35 BASEBALL 3:40-4:10 all Sports 4:30-5PM BASKETBALL TEAM	6 OFF	7
8	9 6:15am-7am All Sports 7:10-8am Zero Period 2:30pm-3:00Lax 3:05-3:35 BASEBALL 3:40-4:10 all Sports 4:30-5PM BASKETBALL TEAM	10 6:15am-7am All Sports 7:10-8am Zero Period 2:30pm-3:00Lax 3:05-3:35 BASEBALL 3:40-4:10 all Sports 4:30-5PM BASKETBALL TEAM	11	12 6:15am-7am All Sports 7:10-8am Zero Period 2:30pm-3:00Lax 3:05-3:35 BASEBALL 3:40-4:10 all Sports 4:30-5PM BASKETBALL TEAM	13 OFF	14
15	16 6:15am-7am All Sports 7:10-8am Zero Period 2:30pm-3:00Lax 3:05-3:35 BASEBALL 3:40-4:10 all Sports	17 6:15am-7am All Sports 7:10-8am Zero Period 2:30pm-3:00Lax 3:05-3:35 BASEBALL 3:40-4:10 all Sports	18	19 6:15am-7am All Sports 7:10-8am Zero Period 2:30pm-3:00Lax 3:05-3:35 BASEBALL 3:40-4:10 all Sports	20 OFF	21
22	OFF OFF OFF OFF OFF					28
29	30 9AM-10AM 10AM-11AM 11AM-12PM	31 9AM-10AM 10AM-11AM 11AM-12PM	1 OFF	2 9AM-10AM 10AM-11AM 11AM-12PM	3 OFF	4