

# WEIGHT ROOM SCHEDULE SEPTEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3	4	5	1	2	3	4
5	6 6am-7am All Sports 7am-8am Zero Period 2:30pm-3:30pm All Sports 3:30pm-4:30pm Basketball 6pm-6:30pm Football	7 6am-7am All Sports 7am-8am Zero Period 2:30pm-3:30pm All Sports 3:30pm-4:30pm Basketball 6pm-6:30pm Football	8 OFF- All Sports OFF-Zero Period 2:30pm-3:30pm All Sports 3:30pm-4:30pm Basketball 6pm-6:30pm Football	9 6am-7am All Sports 7am-8am Zero Period 2:30pm-3:30pm All Sports 3:30pm-4:30pm Basketball OFF-Football	10 6am-7am All Sports 7am-8am Zero Period OFF-All Sports OFF-Basketball OFF-Football	11
12	13 6am-7am All Sports 7am-8am Zero Period 2:30pm-3:30pm All Sports 3:30pm-4:30pm Basketball 6pm-6:30pm Football	14 6am-7am All Sports 7am-8am Zero Period 2:30pm-3:30pm All Sports 3:30pm-4:30pm Basketball 6pm-6:30pm Football	15 OFF- All Sports OFF-Zero Period 2:30pm-3:30pm All Sports 3:30pm-4:30pm Basketball 6pm-6:30pm Football	16 6am-7am All Sports 7am-8am Zero Period 2:30pm-3:30pm All Sports 3:30pm-4:30pm Basketball OFF-Football	17 6am-7am All Sports 7am-8am Zero Period OFF-All Sports OFF-Basketball OFF-Football	18
19	20 6am-7am All Sports 7am-8am Zero Period 2:30pm-3:30pm All Sports 3:30pm-4:30pm Basketball 6pm-6:30pm Football	21 6am-7am All Sports 7am-8am Zero Period 2:30pm-3:30pm All Sports 3:30pm-4:30pm Basketball 6pm-6:30pm Football	22 OFF- All Sports OFF-Zero Period 2:30pm-3:30pm All Sports 3:30pm-4:30pm Basketball 6pm-6:30pm Football	23 6am-7am All Sports 7am-8am Zero Period 2:30pm-3:30pm All Sports 3:30pm-4:30pm Basketball OFF-Football	24 6am-7am All Sports 7am-8am Zero Period OFF-All Sports OFF-Basketball OFF-Football	25
26	27 6am-7am All Sports 7am-8am Zero Period 2:30pm-3:30pm All Sports 3:30pm-4:30pm Basketball 6pm-6:30pm Football	28 6am-7am All Sports 7am-8am Zero Period 2:30pm-3:30pm All Sports 3:30pm-4:30pm Basketball 6pm-6:30pm Football	29 OFF- All Sports OFF-Zero Period 2:30pm-3:30pm All Sports 3:30pm-4:30pm Basketball 6pm-6:30pm Football	30 6am-7am All Sports 7am-8am Zero Period 2:30pm-3:30pm All Sports 3:30pm-4:30pm Basketball OFF-Football	1 6am-7am All Sports 7am-8am Zero Period OFF-All Sports OFF-Basketball OFF-Football	2