

# WEIGHT ROOM SCHEDULE NOVEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1	2	3	4	5	6
	6AM-7AM All Sports	6AM-7AM All Sports	OFF All Sports	6AM-7AM All Sports	6AM-7AM All Sports	
	7AM-8AM Zero Period	7AM-8AM Zero Period	OFF Zero Period	7AM-8AM Zero Period	7AM-8AM Zero Period	
	2:30PM-3:30PM SPRING SPORTS	2:30PM-3:30PM SPRING SPORTS	2:30PM-3:30PM SPRING SPORTS	2:30PM-3:30PM SPRING SPORTS	OFF SPRING SPORTS	
	3:30PM-4:30PM FOOTBALL	3:30PM-4:30PM FOOTBALL	3:30PM-4:30PM FOOTBALL	3:30PM-4:30PM FOOTBALL	OFF FOOTBALL	
	4:30PM-5:15PM BASKETBALL	4:30PM-5:15PM BASKETBALL	4:30PM-5:15PM BASKETBALL	4:30PM-5:15PM BASKETBALL	4:30PM-5:15PM BASKETBALL	
7	8	9	10	11	12	13
	6AM-7AM All Sports	6AM-7AM All Sports	OFF All Sports	6AM-7AM All Sports	6AM-7AM All Sports	
	7AM-8AM Zero Period	7AM-8AM Zero Period	OFF Zero Period	7AM-8AM Zero Period	7AM-8AM Zero Period	
	2:30PM-3:30PM SPRING SPORTS	2:30PM-3:30PM SPRING SPORTS	2:30PM-3:30PM SPRING SPORTS	2:30PM-3:30PM SPRING SPORTS	OFF SPRING SPORTS	
	3:30PM-4:30PM FOOTBALL	3:30PM-4:30PM FOOTBALL	3:30PM-4:30PM FOOTBALL	3:30PM-4:30PM FOOTBALL	OFF FOOTBALL	
	4:30PM-5:15PM BASKETBALL	4:30PM-5:15PM BASKETBALL	4:30PM-5:15PM BASKETBALL	4:30PM-5:15PM BASKETBALL	4:30PM-5:15PM BASKETBALL	
14	15	16	17	18	19	20
	6AM-7AM All Sports	6AM-7AM All Sports	OFF All Sports	6AM-7AM All Sports	6AM-7AM All Sports	
	7AM-8AM Zero Period	7AM-8AM Zero Period	OFF Zero Period	7AM-8AM Zero Period	7AM-8AM Zero Period	
	2:30PM-3:30PM SPRING SPORTS	2:30PM-3:30PM SPRING SPORTS	2:30PM-3:30PM SPRING SPORTS	2:30PM-3:30PM SPRING SPORTS	OFF SPRING SPORTS	
	3:30PM-4:30PM FOOTBALL	3:30PM-4:30PM FOOTBALL	3:30PM-4:30PM FOOTBALL	3:30PM-4:30PM FOOTBALL	OFF FOOTBALL	
	4:30PM-5:15PM BASKETBALL	4:30PM-5:15PM BASKETBALL	4:30PM-5:15PM BASKETBALL	OFF BASKETBALL		
21	22	23	24	25	26	27
	6AM-7AM All Sports	6AM-7AM All Sports	OFF	OFF	OFF	
	OFF Zero Period	OFF Zero Period				
	12:30-1:25 BASKETBALL	12:30-1:25 BASKETBALL				
	OFF	OFF				
OFF	OFF					
28	29	30	1	2	3	4
	6AM-7AM All Sports	6AM-7AM All Sports	OFF All Sports	6AM-7AM All Sports	6AM-7AM All Sports	
	7AM-8AM Zero Period	7AM-8AM Zero Period	OFF Zero Period	7AM-8AM Zero Period	7AM-8AM Zero Period	
	2:30PM-3:30PM SPRING SPORTS	2:30PM-3:30PM SPRING SPORTS	2:30PM-3:30PM SPRING SPORTS	2:30PM-3:30PM SPRING SPORTS	OFF SPRING SPORTS	
	3:30PM-4:30PM FOOTBALL	3:30PM-4:30PM FOOTBALL	3:30PM-4:30PM FOOTBALL	3:30PM-4:30PM FOOTBALL	OFF FOOTBALL	
	4:30PM-5:15PM BASKETBALL	4:30PM-5:15PM BASKETBALL	4:30PM-5:15PM BASKETBALL	4:30PM-5:15PM BASKETBALL	OFF BASKETBALL	

# WEIGHT ROOM SCHEDULE DECEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	1	2	3	4
	6AM-7AM All Sports	6AM-7AM All Sports	OFF All Sports	6AM-7AM All Sports	6AM-7AM All Sports	
	7AM-8AM Zero Period	7AM-8AM Zero Period	OFF Zero Period	7AM-8AM Zero Period	7AM-8AM Zero Period	
	2:30PM-3:30PM SPRING SPORTS	2:30PM-3:30PM SPRING SPORTS	2:30PM-3:30PM SPRING SPORTS	2:30PM-3:30PM SPRING SPORTS	OFF SPRING SPORTS	
	3:30PM-4:30PM FOOTBALL	3:30PM-4:30PM FOOTBALL	3:30PM-4:30PM FOOTBALL	3:30PM-4:30PM FOOTBALL	OFF FOOTBALL	
	4:30PM-5:15PM BASKETBALL	4:30PM-5:15PM BASKETBALL	4:30PM-5:15PM BASKETBALL	4:30PM-5:15PM BASKETBALL	4:30PM-5:15PM BASKETBALL	
5	6	7	8	9	10	11
	6AM-7AM All Sports	6AM-7AM All Sports	OFF All Sports	6AM-7AM All Sports	6AM-7AM All Sports	
	7AM-8AM Zero Period	7AM-8AM Zero Period	OFF Zero Period	7AM-8AM Zero Period	7AM-8AM Zero Period	
	2:30PM-3:30PM SPRING SPORTS	2:30PM-3:30PM SPRING SPORTS	2:30PM-3:30PM SPRING SPORTS	2:30PM-3:30PM SPRING SPORTS	OFF SPRING SPORTS	
	3:30PM-4:30PM FOOTBALL	3:30PM-4:30PM FOOTBALL	3:30PM-4:30PM FOOTBALL	3:30PM-4:30PM FOOTBALL	OFF FOOTBALL	
	4:30PM-5:15PM BASKETBALL	4:30PM-5:15PM BASKETBALL	4:30PM-5:15PM BASKETBALL	4:30PM-5:15PM BASKETBALL	4:30PM-5:15PM BASKETBALL	
12	13	14	15	16	17	18
	6AM-7AM All Sports	6AM-7AM All Sports	OFF All Sports	6AM-7AM All Sports	6AM-7AM All Sports	
	7AM-8AM Zero Period	7AM-8AM Zero Period	OFF Zero Period	7AM-8AM Zero Period	7AM-8AM Zero Period	
	2:30PM-3:30PM SPRING SPORTS	2:30PM-3:30PM SPRING SPORTS	2:30PM-3:30PM SPRING SPORTS	2:30PM-3:30PM SPRING SPORTS	OFF SPRING SPORTS	
	3:30PM-4:30PM FOOTBALL	3:30PM-4:30PM FOOTBALL	3:30PM-4:30PM FOOTBALL	3:30PM-4:30PM FOOTBALL	OFF FOOTBALL	
	4:30PM-5:15PM BASKETBALL	4:30PM-5:15PM BASKETBALL	4:30PM-5:15PM BASKETBALL	OFF BASKETBALL		
19	20	21	22	23	24	25
	8AM-9AM ALL SPORTS	8AM-9AM ALL SPORTS	8AM-9AM ALL SPORTS	OFF	OFF	
	9AM-10AM ALL SPORTS	9AM-10AM ALL SPORTS	9AM-10AM ALL SPORTS			
	10AM-11AM ALL SPORTS	10AM-11AM ALL SPORTS	10AM-11AM ALL SPORTS			
26	27	28	29	30	31	1
	8AM-9AM ALL SPORTS	8AM-9AM ALL SPORTS	8AM-9AM ALL SPORTS	OFF	OFF	
	9AM-10AM ALL SPORTS	9AM-10AM ALL SPORTS	9AM-10AM ALL SPORTS			
	10AM-11AM ALL SPORTS	10AM-11AM ALL SPORTS	10AM-11AM ALL SPORTS			