

WEIGHT ROOM SCHEDULE OCTOBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3 6AM-7AM All Sports 7AM-8AM Zero Period 2:30PM-3:45PM SPRING SPORTS 4PM-4:45PM BASKETBALL	4 6AM-7AM All Sports 7AM-8AM Zero Period 2:30PM-3:45PM SPRING SPORTS 4PM-4:45PM BASKETBALL	5 OFF All Sports OFF Zero Period 2:30PM-3:45PM SPRING SPORTS 4PM-4:45PM BASKETBALL	6 6AM-7AM All Sports 7AM-8AM Zero Period 2:30PM-3:45PM SPRING SPORTS 4PM-4:45PM BASKETBALL	7 6AM-7AM All Sports 7AM-8AM Zero Period	8
9	10 6AM-7AM All Sports 7AM-8AM Zero Period 2:30PM-3:45PM SPRING SPORTS 4PM-4:45PM BASKETBALL	11 6AM-7AM All Sports 7AM-8AM Zero Period 2:30PM-3:45PM SPRING SPORTS 4PM-4:45PM BASKETBALL	12 OFF All Sports OFF Zero Period 2:30PM-3:45PM SPRING SPORTS 4PM-4:45PM BASKETBALL	13 6AM-7AM All Sports 7AM-8AM Zero Period 2:30PM-3:45PM SPRING SPORTS 4PM-4:45PM BASKETBALL	14 6AM-7AM All Sports 7AM-8AM Zero Period	15
16	17 OFF	18 6AM-7AM All Sports 7AM-8AM Zero Period 2:30PM-3:45PM SPRING SPORTS 4PM-4:45PM BASKETBALL	19 OFF All Sports OFF Zero Period 2:30PM-3:45PM SPRING SPORTS 4PM-4:45PM BASKETBALL	20 6AM-7AM All Sports 7AM-8AM Zero Period 2:30PM-3:45PM SPRING SPORTS 4PM-4:45PM BASKETBALL	21 6AM-7AM All Sports 7AM-8AM Zero Period	22
23	24 6AM-7AM All Sports 7AM-8AM Zero Period 2:30PM-3:45PM SPRING SPORTS 4PM-4:45PM BASKETBALL	25 6AM-7AM All Sports 7AM-8AM Zero Period 2:30PM-3:45PM SPRING SPORTS 4PM-4:45PM BASKETBALL	26 OFF All Sports OFF Zero Period 2:30PM-3:45PM SPRING SPORTS 4PM-4:45PM BASKETBALL	27 6AM-7AM All Sports 7AM-8AM Zero Period 2:30PM-3:45PM SPRING SPORTS 4PM-4:45PM BASKETBALL	28 6AM-7AM All Sports 7AM-8AM Zero Period	29
30	31 6AM-7AM All Sports 7AM-8AM Zero Period 2:30PM-3:45PM SPRING SPORTS 4PM-4:45PM BASKETBALL	1 6AM-7AM All Sports 7AM-8AM Zero Period 2:30PM-3:45PM SPRING SPORTS 4PM-4:45PM BASKETBALL	2 OFF All Sports OFF Zero Period 2:30PM-3:45PM SPRING SPORTS 4PM-4:45PM BASKETBALL	3 6AM-7AM All Sports 7AM-8AM Zero Period 2:30PM-3:45PM SPRING SPORTS 4PM-4:45PM BASKETBALL	4 6AM-7AM All Sports 7AM-8AM Zero Period	5

WEIGHT ROOM SCHEDULE SEPTEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	1	2	3
	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-3:45PM SPRING SPORTS	2:30PM-3:45PM SPRING SPORTS	2:30PM-3:45PM SPRING SPORTS	2:30PM-3:45PM SPRING SPORTS		
	4PM-4:45PM BASKETBALL	4PM-4:45PM BASKETBALL	4PM-4:45PM BASKETBALL	4PM-4:45PM BASKETBALL		
4	5	6	7	8	9	10
	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-3:45PM SPRING SPORTS	2:30PM-3:45PM SPRING SPORTS	2:30PM-3:45PM SPRING SPORTS	2:30PM-3:45PM SPRING SPORTS		
	4PM-4:45PM BASKETBALL	4PM-4:45PM BASKETBALL	4PM-4:45PM BASKETBALL	4PM-4:45PM BASKETBALL		
11	12	13	14	15	16	17
	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-3:45PM SPRING SPORTS	2:30PM-3:45PM SPRING SPORTS	2:30PM-3:45PM SPRING SPORTS	2:30PM-3:45PM SPRING SPORTS		
	4PM-4:45PM BASKETBALL	4PM-4:45PM BASKETBALL	4PM-4:45PM BASKETBALL	4PM-4:45PM BASKETBALL		
18	19	20	21	22	23	24
	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-3:45PM SPRING SPORTS	2:30PM-3:45PM SPRING SPORTS	2:30PM-3:45PM SPRING SPORTS	2:30PM-3:45PM SPRING SPORTS		
	4PM-4:45PM BASKETBALL	4PM-4:45PM BASKETBALL	4PM-4:45PM BASKETBALL	4PM-4:45PM BASKETBALL		
25	26	27	28	29	30	1
	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-3:45PM SPRING SPORTS	2:30PM-3:45PM SPRING SPORTS	2:30PM-3:45PM SPRING SPORTS	2:30PM-3:45PM SPRING SPORTS		
	4PM-4:45PM BASKETBALL	4PM-4:45PM BASKETBALL	4PM-4:45PM BASKETBALL	4PM-4:45PM BASKETBALL		