

WEIGHT ROOM SCHEDULE NOVEMBER

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