

WEIGHT ROOM SCHEDULE FEBUARY

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