

WEIGHT ROOM SCHEDULE

October 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 3:15-4:30 JHFB	2 8:30-9:30 HSFB
3	4 3:-15 PL/OPEN 4:45-5:15 JHFB 5-6 HSFB 6:30-7:30 VB	5 5-6 HSFB 6-7 OPEN 7-8 SB	6 3-4 HSFB 4-5 XC 5:30 VB	7 3-4 XC 4-5 HSFB 5-6 GBK 6-7 OPEN 7-8 SB	8 6:30-7:30 VB	9 8:30-9:30 HSFB
10	11 3:15 PL/OPEN 4:45-5:15 JHFB 5-6 HSFB	12 3-4 GBK 5-6 HSFB 6-7 OPEN 7-8 SB	13 3-4 HSFB 4-5 XC	14 3-4 XC 4-5 HSFB 5-6 GBK 6-7 OPEN 7-8 SB	15 3:15 -PL/OPEN 6:30-7:30 VB	16 8:30-9:30 HSFB
17	18 3:15 PL/OPEN 5-6 HSFB	19 3-4 GBK 5-6 HSFB 6-7 OPEN 7-8 SB	20 3-4 HSFB 4-5 XC 5-6 HSFB	21 3-4 XC 4-5 HSFB 5-6 GBK 6-7 OPEN 7-8 SB	22 3:15 PL/OPEN	23 8:30-9:30 HSFB
24	25 5-6 HSFB 5:00 GBK	26 3:15 PL/OPEN 5-7 OPEN 7-8 SB	27 3-4 HSFB 5:00 GBK	28 3:15 PL/OPEN 4-5 HSFB 5-7 OPEN 7-8 SB	29 3:15 PL/OPEN 4:00 BBK	30 8:30-9:30 HSFB