

# July 2018

## Weight Room Schedule

SUN	MON	TUE	WED	THU	FRI	SAT
1 6:30— 9:00pm HS Boys & Girls	2	3 6:00-7:00 HS Boys 7:00-7:45 HS Girls 7:45 - 8:30 HS/ JH 8:30-9:15 HS Boys	4	5 6:00-7:00 HS Boys 7:00-7:45 HS Girls 7:45 - 8:30 HS/ JH 8:30-9:15 HS Boys	6	7
8 6:30— 9:00pm HS Boys & Girls	9	10 6:00-7:00 HS Boys 7:00-7:45 HS Girls 7:45 - 8:30 HS/ JH 8:30-9:15 HS Boys	11	12 6:00-7:00 HS Boys 7:00-7:45 HS Girls 7:45 - 8:30 HS/ JH 8:30-9:15 HS Boys	13	14
15 6:30— 9:00pm HS Boys & Girls	16	17 6:00-7:00 HS Boys 7:00-7:45 HS Girls 7:45 - 8:30 HS/ JH 8:30-9:15 HS Boys	18	19 6:00-7:00 HS Boys 7:00-7:45 HS Girls 7:45 - 8:30 HS/ JH 8:30-9:15 HS Boys	20	21
22 6:30— 9:00pm HS Boys & Girls	23	24 6:00-7:00 HS Boys 7:00-7:45 HS Girls 7:45 - 8:30 HS/ JH 8:30-9:15 HS Boys Max outs	25	26 6:00-7:00 HS Boys 7:00-7:45 HS Girls 7:45 - 8:30 HS/ JH 8:30-9:15 HS Boys Max outs	27	28
29	30	31				