

## WEIGHT ROOM SCHEDULE

# July 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			30	31	1 9-10:30 OPEN (KP)	2
3	4 10 AM GBK 7-8 BS	5 9:00 AM XC 3-4 VB 5-6 OPEN (LE) 6-7:30 JHFB	6 10:00 AM GBK  7-8 BS	7 9:00 AM XC 10:00 AM GBK 3-4 VB 6-7:30 JHFB	8  9-10:30 OPEN (KP)	9
10	11 10:00 AM GBK 3-4 VB 4-6 HSFB 7-8 BS	12 9:00 AM XC 3-4 VB 4-6 HSFB 5-6 BS/OPEN (LE) 6-7:30 JHFB	13 10:00 AM GBK 3-4 VB 4-6 OPEN (LE) 7-8 BS	14 9:00 AM XC 10:00 AM GBK 3-4 VB 4-6 HSFB 6-7:30 JHFB	15	16
17	18 10:00 AM GBK 4-6 HSFB 7-8 BS	19 9:00 AM XC 3-4 VB 4-5:20 HSFB 5-6 BS/OPEN (LE) 6-7:30 JHFB	20 10:00 AM GBK 5-6 OPEN (LE) 7-8 BS	21 9:00 AM XC 10:00 AM GBK 3-4 VB 4-6 HSFB 6-7:30 JHFB	22  9-10:30 OPEN (KP)	23
24	25 10:00 AM GBK 4-6 HSFB 7-8 BS	26 9:00 AM XC 3-4 VB 4-6 HSFB 5-6 BS/OPEN (LE) 6-7:30 JHFB	27 10:00 AM GBK 5-6 OPEN (LE) 7-8 BS	28 9:00 AM XC 10:00 AM GBK 3-4 VB 4-6 HSFB 6-7:30 JHFB	29  9-10:30 OPEN (KP)	30