

## WEIGHT ROOM SCHEDULE

# August 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10-11 GBK 3-4 HSFB 6-7BS	2 9:00 XC 3-4 HSFB 5:15 OPEN	3 1:45-3:00 VB 3-4 HSFB 5-6 BS 5:30 VB	4 3-4 HSFB 5:15 OPEN (LE) 5:15 JHFB	5 9-10:30 OPEN (KP) 2:30-3:30 VB  6-7 OPEN	6 8-10 HSFB
7	8 1:45-3:00 VB 3-4 HSFB 5:15-6 JHFB 6-7 BS	9 9:00 XC 3-4 HSFB 5:15 OPEN (LE)	10 1:45-3:00 VB 5:30 VB 6-7 BS	11 5:15 JHFB/OPEN (LE)	12 9-10:30 OPEN (KP) 1:45-3:00 VB 3-5 HSFB	13 8-10 HSFB
14	15 2:30-3:30 VB 3-4 HSFB 5:15-6 JHFB 6-7 BS	16 9:00 XC 3-4 HSFB 5:15 OPEN (LE)	17 1:45-3:00 VB 3-4 HSFB 6-7 BS	18 2:15-3:15 VB 3-4 HSFB 5:15 JHFB/OPEN (LE)	19 2:30-3:30 VB	20 8-10 HSFB
21	22 2:30-3:30 VB 5:15-6 JHFB 6-7 BS	23 9:00 XC 5:15 OPEN (LE)	24 2:30-3:30 VB 5-6 HSFB 6-7 BS	25 10-11 VB 3-4 HSFB 5:15 JHFB/OPEN (LE)	26 9-10:30 OPEN (KP) 2:30-3:30 VB	27 8-10 HSFB
28	29 2:30-3:30 VB 5-6 HSFB 5:15-6 JHFB 6-7 BS	30 5-6 HSFB 5:15 OPEN (LE)	31 5-6 HSFB		Jhfb Monday 5:15 & friday 3-4 in Sept	