

## WEIGHT ROOM SCHEDULE

# August 2022

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

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