

## WEIGHT ROOM SCHEDULE

# September 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			31 5-6 HSFB 6:30-7:30 VB	1 3:15-4 XC 4-5 HSFB	2 3:05-4:00 JHFB	3 8:00-10:00 HSFB
4	5 5:15 JHFB 5-6 HSFB	6 3:15-4 XC HSFB 5-6	7 5-6 HSFB  5:30 VB	8 3:15-4 XC 4-5 HSFB	9 3:05-4:00 JHFB	10 8:00-10:00 HSFB
11	12 5:15 JHFB 5-6 HSFB	13 3-4 GBK 3:15-4 XC HSFB 5-6	14 5-6 HSFB  6:30-7:30 VB	15 3:15-4 XC 4-5 HSFB	16 3:05-4:00 JHFB	17 8:00-10:00 HSFB
18	19 5:15 JHFB 5-6 HSFB	20 3-4 GBK 3:15 -4 XC HSFB 5-6	21 5-6 HSFB 6:30-7:30 VB	22 3:15-4 XC 4-5 HSFB	23 3:05-4:00 JHFB	24 8:00-10:00 HSFB
25	26 5:15 JHFB 5-6 HSFB	27 3-4 GBK 3:15-4 XC HSFB 5-6	28 5-6 HSFB 6:30-7:30 VB	29 3:15-4 XC 4-5 HSFB	30 3:05-4:00 JHFB	1 8:00-10:00 HSFB