

## WEIGHT ROOM SCHEDULE

# NOVEMBER 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	31 4:00 GBK 5:15 WR 5:00 BBK	1 3:15 PL/OPEN 5:00 WR	2 3:15 JHWR 4:00 GBK 5:00 BBK	3 3:15 PL/OPEN 5:00 WR 7-8 SB	4 3:15 PL/OPEN 4:30 WR	5
6	7 3:15 JHWR 4:00 GBK 5:15 WR 5:00 BBK	8 3:15 PL/OPEN 5:00 WR 5:00 BBK	9 3:15 JHWR 4:00 GBK 5:00 WR 5:00 BBK	10 3:15 PL/OPEN 5:00 WR 6 7-8 SB	11 3:15 PL/OPEN 4:30 WR	12
13	14 3:15 JHWR 5:15 WR 5:00 BBK 5:00 GBK	15 3:15 PL/OPEN 5:00 WR 5:00 BBK	16 3:15 JHWR 5:00 WR 5:00 BBK 5:00 GBK	17 3:15 PL/OPEN 5:00 WR	18 3:15 PL/OPEN 4:30 WR	19
20	21 3:15 JHWR 5:15 WR 5:00 BBK 6:00 GBK	22 3:15 PL/OPEN 5:00 WR 5:00 BBK	23 9:30 WR 3:15 JHWR 4:00 GBK 5:00 BBK	24 THANKSGIVING	25 9:30 WR 3:15 PL/OPEN	26 9:00 PL/OPEN
27	28 3:15 JHWR 5:15 WR 5:00 BBK	29 3:15 PL/OPEN 5:00 WR 5:00 BBK	30 3:15 JHWR 5:00 BBK			