

## WEIGHT ROOM SCHEDULE

# March 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	30 3:15 JHWR 5:15 WR 7:30 BSB	31 3:15 PL/OPEN 5:00 WR 7:30 BSB	1 3:15 JHWR 3:15-4:45 TRK 5:00 WR	2 3:15 PL/OPEN 3:15-4:45 TRK 5:00 WR 7:30 BSB	3 3:15 PL/OPEN 4:30 WR	4
5	6 3:15 JHWR 3:15-4:45 TRK 5:15 WR 7:30 BSB	7 3:15 PL/OPEN 5:00 WR 7:30 BSB	8 3:15 JHWR 3:15-4:45 TRK 5:00 WR	9 3:15 PL/OPEN 3:15-4:45 TRK 5:00 WR 7:30 BSB	10 3:15 PL/OPEN 4:30 WR	11
12	13 3:15 JHWR 3:15-4:45 TRK 5:15 WR 6:00 PL 7:30 BSB	14 5:00 WR 6:00 PL 7:30 BSB	15 3:15 JHWR 3:15-4:45 TRK 5:00 WR	16 3:15-4:45 TRK 5:00 WR 7:30 BSB	17 3:15 PL/OPEN 4:30 WR	18
19	20 3:15 JHWR 3:15-4:45 TRK 5:15 WR 7:30 BSB	21 3:15 PL/OPEN 5:00 WR 7:30 BSB	22 3:15 JHWR 3:15-4:45 TRK 5:00 WR	23 3:15 PL/OPEN 3:15-4:45 TRK 5:00 WR 7:30 BSB	24 3:15 PL/OPEN 4:30 WR	25
26	27 3:15 JHWR 3:15-4:45 TRK 5:15 WR 7:30 BSB	28 3:15-5 PL/OPEN 5:00 WR 7:30 BSB	JHFB T, TH 3:15 - 4:40			

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