

WEIGHT ROOM SCHEDULE

September 2023

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