

WEIGHT ROOM SCHEDULE

October 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 3:15-4:20 XC 4:45-5:15 JHFB 5-6 HSFB	3	4 3:15-4:20 XC 4-4:30 JHFB 5-6 HSFB 6-7 VB	5	6 3:15-4:30 JHFB	7 8:30-9:00 HSFB
8	9 3:15-4:20 XC 4:45-5:15 JHFB 5-6 HSFB	10 3:15 OPEN/PL 4-5 BS 5-6 HSFB 6-7 OPEN	11 3:15-4:20 XC 4-4:30 JHFB 5-6 HSFB 6-7 VB	12 4-5 HSFB 6-7 OPEN	13 3:15-4:30 JHFB	14 8:30-9:00 HSFB
15	16 3:15-4:20 XC 3:15 PL/OPEN 5-6 HSFB	17 3:15 OPEN/PL 4-5 BS 5-6 HSFB 6-7 OPEN	18 3:15-4:20 XC 4-4:30 JHFB 5-6 HSFB 6-7 VB	19 4-5 HSFB 5-6 BS 6-7 OPEN	20 3:15 -PL/OPEN	21 8:30-9:00 HSFB
22	23 3:15-4:20 XC 3:15 PL/OPEN 5-6 HSFB	24 3:15 OPEN/PL 4-5 BS 5-6 HSFB 6-7 OPEN	25 3:15-4:20 XC 4-4:30 JHFB 5-6 HSFB 6-7 VB	26 4-5 HSFB 5-6 BS 6-7 OPEN	27 3:15 PL/OPEN	28 8:30-9:00 HSFB
29	30 5-6 HSFB	31 3:15 PL/OPEN 4-5 BS 5-6 HSFB 5-7 OPEN	1 4-4:30 JHFB 5-6 HSFB 6-7 VB	2 4-5 HSFB 5-6 BS 6-7 OPEN	3 3:15 PL/OPEN	4 8:30-9:00 HSFB

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