

WEIGHT ROOM SCHEDULE

NOVEMBER 2023

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