

WEIGHT ROOM SCHEDULE

February 2024

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

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