

WEIGHT ROOM SCHEDULE

March 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 3:15 PL/OPEN 4:30 WR	2
3	4 3:15 JHWR 3:15-4:45 TRK 5:15 WR 7:30 BSB	5 3:15 PL/OPEN 5:00 WR 7:30 BSB	6 3:15 JHWR 3:15-4:45 TRK 5:00 WR	7 3:15 PL/OPEN 3:15-4:45 TRK 5:00 WR 7:30 BSB	8 3:15 PL/OPEN 4:30 WR	9
10	11 3:15 JHWR 4:20-5:20 TRK 5:15 WR	12 5:00 WR 7:30 BSB	13 3:15 JHWR 3:15-4:45 TRK 5:00 WR	14 3:15-4:45 TRK 5:00 WR 7:30 BSB	15 3:15 PL/OPEN 4:30 WR	16
17	18 3:20-4:20 FB/V BB 4:20-4:50 TRK 4:50-5:20 JV BB	19 3:20-4:20 FB/V BB 4:50-5:20 JV BB	20 3:20-4:20 TRK	21 3:20-4:20 FB/V BB 4:20-4:50 TRK 4:50-5:20 JV BB	22 3:20-4:10 OPEN/MAKE UP	23
24	25 3:20-4:20 FB/V BB 4:20-4:50 TRK 4:50-5:20 JV BB	26 3:20-4:20 FB/V BB 4:50-5:20 JV BB	27 4:20-5:00 TRK	28 3:20-4:20 FB/V BB 4:20-4:50 TRK 4:50-5:20 JV BB	29 OFF	30