

Indoor Weight Room (adjacent to Wrestling Room)

Starting @:	Monday	Tuesday	Wednesday	Thursday	Friday
5:30-7:00 am					
7:00 AM	Wrestling	Wrestling		Wrestling	
8:00 AM	Wrestling	Wrestling		Wrestling	
9:00 AM					
10:00 AM					
11:00 AM					
12:00 PM					
1:00 PM					
2:00 PM					
3:00 PM					
4:00 PM					
5:00 PM					
6:00 PM					
7:00 PM					
8:00 PM					

Outdoor Weight Room- STARTING JUNE 27TH

Starting @:	Monday	Tuesday	Wednesday	Thursday	Friday
7:000-8:00 am	Field Hockey	Field Hockey		Field Hockey	
8:00 AM (a)	Fball	Fball	Fball	Fball	
9:00 AM (a)	Fball	Fball	Wrestling (8:30-9:30)	Fball	Wrestling (8:30-9:30)
10:00 AM (a)	Fball	Fball	Fball	Fball	T & F
11:00 AM	Baseball	T & F (10:45)	T & F (10:45)	Baseball	T & F
12:00 PM	Girls Soccer	T & F	T & F	Girls Soccer	T & F
1:00 PM		Baseball	T & F		Baseball
2:00 PM					
3:00 PM					
4:00 PM (b)					
5:00 PM (b)					
6:00 PM					
7:00 PM					
8:00 PM					