

AS of 2/16



## Lansing Catholic Winter Weight Room Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3:15	Off season football/bas eball	Off season football/bas eball	██████████ YOGA-3:30	Off season football/bas eball	Off season football/bas eball	
4:15	██████████	██████████	██████████	██████████	██████████	
5:15		██		██		
6:15						

### Team Key

██████████	██████████	Football/baseball	██████████
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**WATER BOTTLE ✓**

**ATHLETIC SHOES ✓**

**SHORTS ✓**

**LCBS SHIRT ✓**

**Attitude ✓**



**Any date changes?**