



# October Weight Room

**PAC HOURS\* see below**

Monday-Friday	5:00 AM	2:00 PM
	5:00 PM	9:00 PM
Saturday	7:00 AM	1:00 PM
Sunday	8:00 AM	12:00 PM
	4:00 PM	8:00 PM

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
1 8:00 am-12:00 pm 4:00 pm-8:00 pm	2 5:00 am-8:00 am 10:30 am-1:30 pm 5:00 pm-9:00 pm	3 5:00 am-8:00 am 10:30 am-1:30 pm 5:00 pm-9:00 pm	4 5:00 am-8:00 am 10:30 am-1:30 pm 5:00 pm-9:00 pm	5 5:00 am-8:00 am 10:30 am-1:30 pm 5:00 pm-9:00 pm	6 5:00 am-2:00 pm	7 7:00 am-1:00 pm
8 8:00 am-12:00 pm 4:00 pm-8:00 pm	9 5:00 am-8:00 am 10:30 am-1:30 pm 5:00 pm-9:00 pm	10 5:00 am-2:00 pm 5:00 pm-9:00 pm	11 5:00 am-8:00 am 10:30 am-1:30 pm 5:00 pm-9:00 pm	12 5:00 am-8:00 am 10:30 am-1:30 pm 5:00 pm-9:00 pm	13 5:00 am-2:00 pm 5:00 pm-9:00 pm	14 7:00 am-1:00 pm
15 8:00 am-12:00 pm 4:00 pm-8:00 pm	16 5:00 am-2:00 pm 5:00 pm-9:00 pm	17 5:00 am-8:00 am 10:30 am-1:30 pm 5:00 pm-9:00 pm	18 5:00 am-8:00 am 10:30 am-1:30 pm 5:00 pm-9:00 pm	19 5:00 am-8:00 am 10:30 am-1:30 pm 5:00 pm-9:00 pm	20 5:00 am-8:00 am 10:30 am-1:30 pm 5:00 pm-9:00 pm	21 7:00 am-1:00 pm
22 8:00 am-12:00 pm 4:00 pm-8:00 pm	23 5:00 am-8:00 am 10:30 am-1:30 pm 5:00 pm-9:00 pm	24 5:00 am-8:00 am 10:30 am-1:30 pm 5:00 pm-9:00 pm	25 5:00 am-8:00 am 10:30 am-1:30 pm 5:00 pm-9:00 pm	26 5:00 am-8:00 am 10:30 am-1:30 pm 5:00 pm-9:00 pm	27 5:00 am-8:00 am 10:30 am-1:30 pm 5:00 pm-9:00 pm	28 7:00 am-1:00 pm
29 8:00 am-12:00 pm 4:00 pm-8:00 pm	30 5:00 am-8:00 am 10:30 am-1:30pm 5:00 pm-9:00 pm	31 5:00 am-8:00 am 10:30 am-1:30 pm 5:00 pm-9:00 pm				

All hours are subject to change. Please be sure to visit our website: [www.PirateAC.com](http://www.PirateAC.com) for the most current schedule.

PAC Facility consists of Field House, Tracks, Racquetball Courts, Dance Room (that has some light weight equipment) and Locker Rooms  
Weight/Cardio Room and Pool have their own individual hours.