



Weight Room Schedule

Updated 9/26/2020

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| 5:15a – 6:00a | 5:15a – 6:00a | 5:15a – 6:00a | 5:15a – 6:00a | 5:15a – 6:00a | |
| 6:15a – 7:00a | 6:15a – 7:00a | 6:15a – 7:00a | 6:15a – 7:00a | 6:15a – 7:00a | |
| 7:15a – 8:00a | 7:15a – 8:00a | 7:15a – 8:00a | 7:15a – 8:00a | 7:15a – 8:00a | |
| 8:15a – 9:00a | 8:15a – 9:00a | 8:15a – 9:00a | 8:15a – 9:00a | 8:15a – 9:00a | 8:15a – 9:00a |
| 9:15a – 10:00a | 9:15a – 10:00a | 9:15a – 10:00a | 9:15a – 10:00a | 9:15a – 10:00a | 9:15a – 10:00a |
| 10:15a – 11:00a | 10:15a – 11:00a | 10:15a – 11:00a | 10:15a – 11:00a | 10:15a – 11:00a | 10:15a – 11:00a |
| 11:15a – 12:00p | 11:15a – 12:00p | 11:15a – 12:00p | 11:15a – 12:00p | 11:15a – 12:00p | 11:15a – 12:00p |
| 12:15p – 1:00p | 12:15p – 1:00p | 12:15p – 1:00p | 12:15p – 1:00p | 12:15p – 1:00p | |
| 1:15p – 2:00p | 1:15p – 2:00p | 1:15p – 2:00p | 1:15p – 2:00p | 1:15p – 2:00p | |
| 2:15p – 3:00p | 2:15p – 3:00p | 2:15p – 3:00p | 2:15p – 3:00p | 2:15p – 3:00p | |
| 3:15p – 4:00p | 3:15p – 4:00p | 3:15p – 4:00p | 3:15p – 4:00p | 3:15p – 4:00p | |
| 4:15p – 5:00p | 4:15p – 5:00p | 4:15p – 5:00p | 4:15p – 5:00p | 4:15p – 5:00p | |
| 5:15p – 6:00p | 5:15p – 6:00p | 5:15p – 6:00p | 5:15p – 6:00p | 5:15p – 6:00p | |
| 6:15p – 7:00p | 6:15p – 7:00p | 6:15p – 7:00p | 6:15p – 7:00p | | |