Weight Room Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
6:00	*Open Lift*		*Open Lift*		*Open Lift*		6:00
6:30							6:30
7:00							7:00
10:00							10:00
10:30							10:30
11:00							11:00
11:30							11:30
12:00							12:00
12:30							12:30
1:00						**Baseball**	1:00
1:30						**V Boys Lax**	1:30
2:00						*Open Lift*	2:00
2:30							2:30
3:00							3:00
3:30		**TF - Throws**	**Baseball**	**Boys Tennis**	**TF - Throws**		3:30
4:00	**TF - Sprints**	**TF - Sprints**	**TF - Throws**	**TF - Sprints**	**TF - Sprints**		4:00
4:30	**TF - Throws**		**JV Boys Lax**	*Open Lift*			4:30
5:00			*Open LIft*				5:00
				JV Boys Lax			
5:30							5:30
	V Boys Lax		**V Boys Lax**				
6:00							6:00