

JULY 2016

SUBJECT Weight Room Schedule PERIOD _____

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SAT/SUN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
WEEK 1					1 9-11a XC	2/3
	notes					
WEEK 2	4 9-11a XC 8-10a FB 10a-noon FB 8:30-9p VB	5 9-11a XC 8-10a FB 10a-noon FB 4:30-5:30 BB	6 9-11a XC 8-10a FB 10a-noon FB 8:30-9p VB	7 9-11a XC 8-10a FB 10a-noon FB 4:30-5:30 BB 8:30-9p VB	8 9-11a XC 8-10a FB 10a-noon FB	9/10 9-10 BB
	notes					
	Click here to enter text.					
WEEK 3	11 9-11a XC 8-10a FB 10a-noon FB 11:45-12:15 GB 8:30-9p VB	12 9-11a XC 8-10a FB 10a-noon FB 11:45-12:15 GB	13 9-11a XC 8-10a FB 10a-noon FB 11:45 - 12:15 GB 8:30-9p VB	14 9-11a XC 8-10a FB 10a-noon FB 8:30-9p VB	15 9-11a XC 8-10a FB 10a-noon FB	16/17 9-10 BB
	notes					
WEEK 4	18 9-11a XC 8-10a FB 10a-noon FB 8:30-9p VB	19 9-11a XC 8-10a FB 10a-noon FB 4:30-5:30 BB	20 9-11a XC 8-10a FB 10a-noon FB 4:30-5:30 BB	21 9-11a XC 8-10a FB 10a-noon FB 4:30-5:30 BB	22 9-11a XC 8-10a FB 10a-noon FB	23/24 9-10 BB
	notes					
WEEK 5	25 9-11a XC 8-10a FB 10a-noon FB 4:30-5:30 BB 8:30-9p VB	26 9-11a XC 8-10a FB 10a-noon FB 4:30-5:30 BB	27 9-11a XC 8-10a FB 10a-noon FB 8:30-9p VB	28 9-11a XC 8-10a FB 10a-noon FB 4:30-5:30 BB 8:30-9p VB	29 9-11a XC 8-10a FB 10a-noon FB	30/31 9-10 BB
	notes					
WEEK 6						
	notes					

