



FALL - WEIGHT ROOM SCHEDULE - 2019



TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
5:00am	BASEBALL 5:15am		BASEBALL 5:15am		BASEBALL 5:15am		
6:00am	W. LAX 6:45am	SOFTBALL 6:00am	W. LAX 6:45am	SOFTBALL 6:00am	W. LAX 6:45am		
7:00am	BASEBALL 7:45am	TENNIS 7:00am	BASEBALL 7:45am	TENNIS 7:00am	BASEBALL 7:45am		
8:00am		GOLF 8:00am		GOLF 8:00am			
9:00am	W. BASKETBALL 9:00am	MAKE UP LIFTS 9:15am - 12:00pm	W. BASKETBALL 10:00am	MAKE UP LIFTS 9:15am - 12:00pm	W. BASKETBALL 10:00am	O P 9 E a N m - H 1 O 2 U p R m S	
10:00am							
11:00am	ROWING 11:00am & 12:00pm	ROWING 11:00am & 12:00pm	MAKE UP LIFTS 11:00am - 12:00pm	ROWING 11:00am & 12:00pm	MAKE UP LIFTS 11:00am - 12:00pm		
12:00pm							
1:00pm	M. LAX 1:00pm		M. LAX 1:00pm		M. LAX 1:00pm		
2:00pm	M. BASKETBALL 2:15pm	ADMIN BLOCK	M. BASKETBALL 2:15pm	ADMIN BLOCK	M. BASKETBALL 2:15pm		
3:00pm							
4:00pm	VOLLEYBALL 4:30pm	W. SOCCER 4:00pm	VOLLEYBALL 4:30pm	W. SOCCER 4:00pm	VOLLEYBALL 4:30pm		SB 4:30pm
5:00pm	TRACK & FIELD 5:00pm	CROSS COUNTRY 4:45pm	TRACK & FIELD 5:00pm	CROSS COUNTRY 4:45pm	TRACK & FIELD 5:00pm		WS 5:15pm
6:00pm		CHEER 6:30pm		CHEER 6:30pm			
7:00pm							