

WINTER WEIGHT ROOM SCHEDULE

IN SEASON SPORTS

BOYS SWIMMING	6:15 – 7:00 AM	M – W – F
WRESTLING	6:30 – 7:20 AM	M – W
BOYS BASKETBALL	5:00 or 5:30 PM	SUN (TBA) – W
GIRLS BASKETBALL	5:00 or 5:30 pm	SAT (TBA) - W

OUT OF SEASON SPORTS

GIRLS TRACK & FIELD	4:30 – 5:15 PM	M – F (LANDING) W – Weight Room
GIRLS SOCCER BOYS SOCCER	ADVANCED PE CLASSES	
FOOTBALL OUT OF SEASON ATHLETES	3:30 – 4:45 PM	M – T – TH – F
BOYS TENNIS	3:30 – 4:30 PM	F – (LANDING)