

SUMMER WEIGHT ROOM SCHEDULE

Monday

9-10 Football/Boys Basketball

10-11:30 Girls Soccer

12-1:30 Field Hockey/Girls Lacrosse

2-3:30 Volleyball

Tuesday

10-11 Track/Cross Country

12-1:30 Field Hockey/Boys&Girls Lacrosse

Wednesday

9-10 Football/Boys Basketball

10-11:30 Girls Soccer

2-3:30 Volleyball

Thursday

8-9 Football/Boys Basketball

10-11 Track/Cross Country

12-1:30 Field Hockey/Girls Lacrosse

Friday

10-11:30 Girls Soccer

2-3:30 Volleyball

*Schedule subject to change due to holidays & personnel availability. Please check with your coach if you have any questions.