



Notre Dame High School, Belmont

Weightroom Schedule

August 24 – August 28

Monday, August 24	
3:00 – 3:45	Water Polo Varsity Tennis
3:45 – 4:30	Frosh Volleyball Varsity Golf
4:15 – 5:00	JV Volleyball
5:00 – 5:45	Varsity Volleyball
Tuesday, August 25	
	Weightroom Closed
Wednesday, August 26	
3:00 – 3:45	Water Polo JV Tennis
3:45 – 4:30	Frosh Volleyball Varsity Golf
4:15 – 5:00	JV Volleyball
Thursday, August 27	
3:00 – 4:00	Frosh / JV Soccer Frosh / JV Basketball
3:30 – 4:30	Varsity Soccer Varsity Basketball
3:45 – 4:30	Softball Track & Field
Friday, August 28	
3:00 – 4:00	Drop In All Athletes Welcome