



Notre Dame High School, Belmont

### Weightroom Schedule

*September 7 – September 11*

<b>Monday, September 7</b>	
Labor Day	Weightroom Closed
<b>Tuesday, September 8</b>	
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 Swimming
<b>Wednesday, September 9</b>	
3:00 – 3:45	Frosh Volleyball JV Tennis
3:45 – 4:30	Water Polo Varsity Golf
4:15 – 5:00	JV Volleyball
<b>Thursday, September 10</b>	
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 Swimming
<b>Friday, September 11</b>	
3:00 – 4:00	Drop In All Athletes Welcome