

WEIGHTROOM SCHEDULE
OCT. 5, 2009 – OCT. 9, 2009

MONDAY (10/5): 3:00 – 3:45 FROSH VOLLEYBALL
VAR. TENNIS
3:45 – 4:30 WATER POLO
4:00 – 5:00 GOLF
4:15 - 5:00 JV VOLLEYBALL
5:00 – 5:45 VAR. VOLLEYBALL

TUESDAY (10/6): WEIGHTROOM CLOSED
1st Tuesday of the month Lorie has staff meeting
at her other school.

WEDNESDAY(10/7): 3:00 – 3:45 FROSH VOLLEYBALL
JV TENNIS
3:45 – 4:30 WATER POLO
4:15 – 5:00 JV VOLLEYBALL

THURSDAY (10/8): 3:00 – 4:00 FROSH/JV SOCCER
FROSH/JV BASKETBALL
3:30 – 4:30 VAR. SOCCER
VAR. BASKETBALL
3:45 – 4:30 SOFTBALL
TRACK/FIELD
SWIM

FRIDAY (10/9): 3:00 – 4:00 DROP-IN (All athletes welcome)