



# PRESENTATION WEIGHT ROOM STRENGTH & CONDITIONING SCHEDULE

June 2018						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 4 PM	5 4 PM	6 4 PM	7 4 PM	8 4 PM	9
10	11 4 PM	12 4 PM	13 4 PM	14 4 PM	15 4 PM	16
17	18 4 PM	19 4 PM	20 4 PM	21 4 PM	22 Weight Room Closed	23
24	25 4 PM	26 4 PM	27 4 PM	28 4 PM	29 4 PM	30



# PRESENTATION WEIGHT ROOM STRENGTH & CONDITIONING SCHEDULE

July 2018						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 4 PM	3 4 PM	4 School Holiday	5 4 PM	6 4 PM	7
8	9 4 PM	10 4 PM	11 4 PM	12 4 PM	13 4 PM	14
15	16 4 PM	17 4 PM	18 4 PM	19 4 PM	20 4 PM	21
22	23 4 PM	24 4 PM	25 4 PM	26 4 PM	27 Weight Room Closed	28
29	30 4 PM	31 4 PM				



# PRESENTATION WEIGHT ROOM STRENGTH & CONDITIONING SCHEDULE

August 2018						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 4 PM	2 4 PM	3 4 PM	4
5	6 4 PM	7 4 PM	8 4 PM	9 4 PM	10 4 PM	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

