



## **Winter Weight Room Schedule**

### **Monday**

2:20-3:15pm - Boys Hockey (V&JV) / Football Offseason  
3:15-4pm - Offseason / Girls LAX Offseason / Boys Crew  
4-4:45pm – Indoor Track

### **Tuesday**

2:20-3:15pm - Cross Country Skiing / Football Offseason  
3:15-4pm - Wrestling / Girls Crew / Girls LAX Offseason

### **Wednesday**

2:20-3:15 - Girls BBall / Football Offseason  
3:15-4pm - Offseason / Boys Crew  
4-4:45pm – Indoor Track

### **Thursday**

2:20-3:15pm - Boy's Hockey (V&JV)/ Football Offseason  
3:15-4pm - Wrestling / Girls Crew / Girls LAX Offseason

### **Friday**

CLOSED

*Girls Ice Hockey - TBA*

*\* Schedule Subject to Change*

*No School = Weight Room Closed*

*Holiday Recess - Closed December 24, 2018 - January 1, 2019*

