

# Weight Room and Open Gym

## July

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1 8:00-9:30 Gym / Weight Room	2	3 8:00-9:30 Gym / Weight Room  4:30-6:30 Gym / Weight Room	4	5 8:00-9:30 Gym / Weight Room	6
7	8 8:00-9:30 Gym / Weight Room	9	10 8:00-9:30 Gym / Weight Room  4:30-6:30 Gym / Weight Room	11	12 8:00-9:30 Gym / Weight Room	13
14	15 8:00-9:30 Gym / Weight Room	16	17 8:00-9:30 Gym / Weight Room	18	19 8:00-9:30 Gym / Weight Room	20
21	22 8:00-9:30 Gym / Weight Room	23	24 8:00-9:30 Gym / Weight Room  4:30-6:30 Gym / Weight Room	25	26 8:00-9:30 Gym / Weight Room	27
28	29 8:00-9:30 Gym / Weight Room	30	31 8:00-9:30 Gym / Weight Room  4:30-6:30 Gym / Weight Room			

\* Weight Room and Gym will be supervised by coaching staff or other faculty members during these times. Please take advantage of this opportunity! \*