

# Weight Room Schedule 11-13-2023

*This is NOT the Regular Schedule – this is due to Football being in the State Playoffs*

<u>Time</u>	<b>Monday 13</b>	<b>Tuesday 14</b>	<b>Wednesday 15</b>	<b>Thursday 16</b>	<b>Friday 17</b>	<b>Saturday 18</b>
<b>9:00-10 AM</b>						
<b>10-10:30 AM</b>						
<b>2:50-3:30</b>	V FB Lift	V FB Lift	V FB Lift	<b>V FB US Bank Stadium GBB</b>	V FB Recovery	
<b>3:30-4:00</b>	Ski <b>OS</b>	Dance <b>OS</b>	Ski <b>OS</b>	<b>Closed</b>	Dance <b>OS</b>	
<b>4:00-4:30</b>	Oly 1	Oly 1 <b>OS</b>	Oly 2 <b>OS</b>	<b>Closed</b>	Oly 1 <b>OS</b>	
<b>4:30-5:00</b>	Oly 1	Oly 1 <b>OS</b>	Oly 2 <b>OS</b>	<b>Closed</b>	Oly 1 <b>OS</b>	
<b>5-5:30</b>	Oly 1	Oly 2 <b>OS</b>	<b>OS</b>	<b>Closed</b>	Oly 2 <b>OS</b>	
<b>5:30-6</b>	Gymnastics	Oly 2	closed	Closed	Oly 2	