Weight Room of Week of 10-26-2026

Bold OS are Off-Season

Time	**Monday 26**	**Tuesday 27**	**Wednesday 28**	**Thursday 29**	**Friday 30**	**Saturday 31**
9-10 AM						
10-10:30 AM					**V FB Anoka**	V FB
2:50-3:30	10/V FB	10/V FB	10/V FB	10/V FB	9 FB	
3:30-4:00	**OS** Baseball/G Hockey	**OS** G Hockey	**OS** Baseball/G Hockey	**OS** Baseball/G Hockey	**OS**	
4:00-4:30	**OS** **Blazing Cats Sub.** Baseball/G Hockey	**OS** V Blazing Cats G Hockey	**OS** **Blazing Cats DU**/ G Hockey-recovery Baseball	**OS** G Hockey *Blazing Cats both*	**OS**	
4:15-4:45	**OS**	**OS** V CC	**OS**	**OS** **V CC Sections**	**OS**	
4:45-5:15	**OS**	Dance **OS**	**OS**	Dance **OS**	**Closed**	
5:15-5:45						
5:30-6	**OS** Gymnasts			Gymnasts		