

2017 SUMMER WEIGHTROOM SCHEDULE

Monday

7:30-8:30am

FBall Agility**

8:30-9:30am

FBall Lift

9:45-10:45am

FBall Lift

11-12pm

Male Lift

12-1pm

Female Lift

Tuesday

6:30-7:15am

Male Lift

7:30-8:30am

FBall Lift

9-10am

Middle School

10:30-11:30am

FBall Lift

Wednesday

7:30-8:30am

Male Lift

10-11am

Middle School

12-1pm

Female Lift

Thursday

6:30-7:15am

Male Lift

7:30-8:30am

FBall Lift

9-10am

Middle School

10:30-11:30am

FBall Lift

Friday

6:30-7:15am

Male Lift

7:30-8:30am

FBall Agility**

8:30-9:30am

FBall Lift

9:45-10:45am

FBall Lift

12-1pm

Female Lift

****Extra male lifting times Monday & Friday 7:30-8:30am starting June 26th with Coach Harper.****

