

WEIGHT ROOM - Spring 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
5:30		LCST		LCST	ACC		
6:00							
6:30							
7:00							
8:30							
8:45							
9:00							
9:15							
9:30							
9:45							
2:30					ACC		
2:45	ACC	ACC		ACC			
3:00							
3:15							
3:30							
3:45							
4:00							
4:15							
4:30							
4:45			JUNIOR HAWKS	JUNIOR HAWKS			
5:00	ACC						
5:15							
5:30							
5:45							
6:00				LCST			
6:15							
6:30							