



## **ATHLETICS WEIGHT ROOM SCHEDULE (SPRING TERM)**

<b>Time</b>	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>6:00- 7:00</b>		<b>FB</b>	<b>FB</b>	<b>FB</b>	<b>FB</b>		
<b>7:00- 8:00</b>		<b>FB</b>	<b>FB</b>	<b>FB</b>	<b>FB</b>		
<b>8:00- 9:00</b>							
<b>9:00- 10:00</b>		<b>WBB</b>		<b>WBB</b>		<b>WBB</b>	
<b>10:00-11:00</b>		<b>MBB</b>		<b>MBB</b>		<b>MBB</b>	
<b>11:00- 12:00</b>							
<b>12:00-1:00</b>		<b>Baseball</b>					
<b>1:00-2:00</b>							
<b>2:00- 3:00</b>		<b>VB</b>	<b>Soccer</b>	<b>VB</b>	<b>Soccer</b>	<b>VB</b>	
<b>3:00-4:00</b>							
<b>4:00-5:00</b>					<b>Baseball</b>		
<b>5:00-6:00</b>		<b>Track</b>	<b>Soccer</b>	<b>Track</b>	<b>Soccer</b>		
<b>6:00-7:00</b>		<b>Track</b>	<b>Softball</b>	<b>Track</b>	<b>Softball</b>		
<b>7:00- 8:00</b>							
<b>8:00-9:00</b>							
<b>9:00-10:00</b>							
<b>10:00-11:00</b>							

**Students- Please refrain from using the Bennett Weight Room when it is reserved for athletic teams.**

**Athletes- Please stay within your allotted time space so all teams can lift.**

**This schedule can also be found on the Strength and Conditioning web page.**

