

Wahoo Weight Room Summer Schedule

MAY 2009

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

- 18 Max-Out
3:30 – 4:30 Fr. & So.
4:30 – 5:30 Jr. & Sr.
- 19 Max-Out
3:30 – 4:30 Fr. & So.
4:30 – 5:30 Jr. & Sr.
- 20 Last day of school
1:15 Dismissal
- 25 Weight Room Closed – Memorial Day**
- 26-29 Weight Room Hours–
Mondays – Thursdays
AM = 6:30 – 9:30
PM = 5:00 – 8:00
Fridays
AM = 6:30 – 9:30

JUNE 2009

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

- 1 – 30 Weight Room Hours–
Mondays – Thursdays
AM = 6:30 – 9:30
PM = 5:00 – 8:00
Fridays
AM = 6:30 – 9:30

JULY 2009

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

- 1-31 Weight Room Hours–
Mondays – Thursdays
AM = 6:30 – 9:30
PM = 5:00 – 8:00
Fridays
AM = 6:30 – 9:30

AUGUST 2009

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

- 1-6 Weight Room Hours–
Mondays – Thursdays
AM = 6:30 – 9:30
PM = 5:00 – 8:00
Fridays
AM = 6:30 – 9:30
- 3-6 Max-Outs
- 10 First Day of Fall Practice FB**
- 20 First Day of School
- 17 First Day of Fall Practice VB, CC, SB**