

Wahoo Weight Room Summer Schedule

MAY 2019

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	

20-23 3:45 – 5:00 PM Max-outs

24 Weight Room Closed

27 Weight Room Closed

28-31 Weight Room Hours–
Mondays – Thursdays
AM = 6:00 – 10:00
PM = 5:00 – 7:00
Fridays
AM = 6:00 – 10:00

JUNE 2019

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 = 6:00 – 10:00
PM = 5:00 – 7:00
Fridays
AM = 6:00 – 10:00

JULY 2019

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			

3 AM ONLY = 6:00 – 10:00

4 Weight Room Closed

5 Weight Room Closed

8-31 Weight Room Hours–
Mondays – Thursdays
AM = 6:00 – 10:00
PM = 5:00 – 7:00
Fridays
AM = 6:00 – 10:00

AUGUST 2019

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

1-2 Weight Room Hours–
Monday - Wednesday
AM = 6:00 – 10:00
PM = 5:00 – 7:00

5-8 Max-Outs

9 Weight Room Closed

12 First Day of Fall Practice

15 First Day of School

For information and important
Updates, follow us on Twitter!!!
@wahoostrength

