

Weight Room Spring Schedule 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
2:30	Movement Screening	Girls Soccer/Field Hockey/Volleyball	Movement Screening	Movement Screening	Winter Athlete Strength Training
3:00	Football/Boys Soccer/Wrestling		Football/Boys Soccer/Wrestling	Girls Soccer/Field Hockey/Volleyball	
3:30		Boys & Girls Hoops/Ice Hockey			Fall Athlete Strength & Conditioning
4:00	HC DANCE		HC Tennis	Boys & Girls Hoops/Ice Hockey	
4:30		Girls Lax In-Season Lift			HC Tennis
5:00	Spring Track-Throwers	In-Season Lift	In-Season Lift & Track Throwers	Spring Track Throwers/ In-Season Lifts	
5:30	Spring Track-All		Spring Track-Runners		
6:00	Speed & Agility	Football Lift	Speed & Agility	Football Lift	
6:30					
7:00	Open		Open		