



## Weight Room Reserved Times – Winter 2019

Mon	Tue	Wed	Thurs	Fri	Sat	Sun
Bootcamp w/Davie 5:30-6:30am	Bootcamp w/Davie 5:30-6:30am	Strength w/ Tom S 6:40-7:40am	Younger w/ John S 6:40-7:40am	Bootcamp w/Davie 5:30-6:30am	Comp Youth 8:00am-1:00pm	Military Row/Weights 10:30am-12:00
Strength w/ Tom S 6:40-7:40am	Younger w/ John S 6:40-7:40am	Energy Systems w Tom S 7:45-8:45am	Strength w/Davie 7:30-9:00am	Para HPG 7:00-9:00am	Inter Dev Youth 1:15-3:00pm	Inter Dev Youth 1:15-3:00pm
Circuits/Ariel 10:30-11:30am	Strength w/Davie 7:40-9:10am	Younger Next Year w/ John S 9:00-10:30am	Circuits/Ariel 10:00-11:00am	Strong Lifts w/ John Sisk 9:00-10:30am		
Row Boston 3:00-4:30pm	Strength (Women) w/Davie 9:30-11:00am	Row Boston 2:30-4:30pm	Comp Youth 4:30-8:30pm	Comp Youth 3:45-7:45pm		
Comp Youth 4:30-8:30pm	Comp Youth 4:30-8:30pm	Comp Youth 4:30-8:30pm				

**Please note: If you need to get equipment from the weight room when a class is going on, please enter in a courteous manner, collecting needed equipment quickly, quietly and keeping disruption/interruptions to a minimum.**