Weight Room Schedule

Sept. 16th - Oct. 11th

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| 16th 1A- MacGB- MacGC- SerresD- Day | 17th2E- WithF- LundG- MacGH- Serres  | 18th 3B- MackA- SerresD- KingC- Serres | 19th 4F- MacGE- LundH- WithG- MacG | 20th ProD |
| 23rd 1A- ConnB- KingC- SerresD- MackMack -K (B) | 24th  2E- MacGF- WithenG-MacGH- DayWith/Serres- K (H) | 25th 3B- WithenA- KingD- ConnC- SerresSerres-K (A) | 26th 4F- DayE- KingH- OpenG- MacGWith- K (E &F) | 27th 1A- ConnB-MacGC-SerresD-DayMacG-K (A) |
| 30th 2E- WithF- LundG- MacGH- SerresLund-K (E) | 1st 3B- WithenA- SerresD- KingC- SerresKing-K (A & B)Day- K (D & C) | 2nd 4F- MacGE- LundH- WithG- MacGKing-K (E)Day-K (F & H) | 3rd 1A- MacGB- KingC- SerresD- MackKing- K (D)Conn- K (A & C) | 4th  2E- MacGF- WithenG-MacGH- DayLund & MacG- K(F) |
| 7th 3B- MackA- KingD- ConnC- SerresMack-K (D) | 8th 4F- DayE- KingH- OpenG- MacGMacG- K (E) | 9th 1A- OpenB-OpenC-SerresD-Day | 10th Choice Day | 11th Choice Day |

Wait Room Schedule

Oct 15th - Nov. 15th

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| 14th Thanksgiving | 15th4 F-LundE- WIthH-SerresG- MacG | 16th 1A-ConnB-MacGC- SerresD- King | 17th 2E-MacGF-MacGG- MacGH-With | 18th 3B-MackA- SerresD- MackC- SerresDay (C&D)-K |
| 21st 4F- WithE- LundH-DayG- MacGKing (E)- K | 22nd  1A- MacGB-KingC-SerresD- ConnConn (A)- KWith (C)- K | 23rd 2E- KingF-DayG-MacGH-OpenMacG (E)- KWith (F)- K | 24th 3B-WithA- KingD- DayC-SerresSerres (A)- KMack (B&C)- K | 25th ProD |
| 28th 4F-LundE- WithH-SerresG- MacGLund (E)- K | 29th 1A-ConnB-MacGC-SerresD- KingMacG (A)-KKing (D)- K | 30th 2E-MacGF- MacGG-MacGH-WithWith (E)- K | 31st 3B-MackA- SerresD- MackC-SerresKing (A& B)- K | 1st 4F-WithE-LundH-DayG-MacGLeader(F)- KWith (H)- K |
| 4th 1A- MacGB-KingC-SerresD- ConnMacG (B)- KMack (D)- K | 5th 2E- KingF- DayG-MacGH- OpenSerres (H)-k | 6th 3B-WithA- KingD- DayC-SerresDay (C & D)-K | 7th 4F- LundE- WithH-SerresG-MacGDay (F & H)- K | 8th 1A-ConnB-MacGC- SerresD- KingConn (C)- K |
| 11th Remember- anceDay Stat | 12th 2E- LundF- MacGG-MacGH-With | 13th 3B-MackA- SerresD- MackC-Serres | 14th 4Choice Day | 15th 1Choice Day |

Weight Room Schedule

Nov 18th - Jan. 17th

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| 18th 2E- LundF-WithG- MacGH- Open | 19th 3B- KingA- MacGD-ConnC- SerresK- MacG (A&B) | 20th 4F-DayE- KingH- DayG- MacG | 21st 1A- KingB- WithC- SerresD- Day | 22nd 2E- WithF- LundG- MacGH-WithK- Lund&MacG(E) Withenshaw (F) |
| 25th ProD | 26th 3B- MacGA-SerresD- KingC- SerresK- Mack (B) | 27th 4F- MacGE- MacGH- SerresG-MacGK- King (E)Day (F) | 28th  1A- ConnB- MackC- SerresD- MackK- King (A&B) | 29th 2E-LundF- WithG- MacGH- Open |
| 2nd 3B- KingA- MacGD- ConnC- SerresK- Serres (A)Conn (C) | 3rd  4F- DayE-KingH- DayG- MacGK- With (E)Serres (H) | 4th 1A- KingB- WithC- SerresD- DayK – Conn (A)Withen (C) | 5th 2E-WithF- LundG- MacGH-With | 6th 3B- MacGA- SerresC- SerresD- King |
| Jan 6th 2E- MacGF- MacGG- MacGH- Serres | 7th 3B- MackA- ConnD-MackC- Serres | 8th 4F-WithE- LundH- OpenG- MacG | 9th 1A- MacGB- KingC- SerresD- Conn | 10th 2E- KingF-DayG- MacGH- Day |
| 13th 3B- WithA- KIngD- DayC- Serres | 14th 4F- LundE-WithH- WithG- MacG | 15th 1A- SerresB- MacGC- SerresD- King | 16th 2Choice Day | 17th 3Choice Day |

Weight Room Schedule

Jan 20th - Feb 21st

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| 20th 4F- PleseE-KingH- PleseG- MacG | 21st 1A- KingB- WithC- SerresD- Plese  | 22nd 2E- WithF- LundG- MacGH-With | 23rd 3B- MacGA-SerresD- KingC- Serres | 24th Pro D |
| 27th 4F- MacGE- MacGH- SerresG-MacGK- King (E) | 28th  1A- ConnB- MackC- SerresD- MackK- King (A&B) | 29th 2E- LundF-WithG- MacGH- OpenK- With (H) | 30th  3B- KingA- MacGD-ConnC- SerresK- Serres (A) | 31st 4F- PleseE-KingH- PleseG- MacGK- Serres (H) |
| Feb 3rd 1A- KingB- WithC- SerresD- PleseK- Conn (A)Mack (D) | 4th 2E- WithF- LundG- MacGH-WithK- With (F) | 5th 3B- MacGA-SerresD- KingC- SerresK- Conn (C) | 6th 4F- MacGE- MacGH- SerresG-MacGK- Plese (F&H)Lund (E) | 7th  1A- ConnB- MackC- SerresD- MackK- MacG (A&B)With (C) Plese (D) |
| 10th  2E- LundF-WithG- MacGH- OpenK- Leader (F) | 11th 3B- KingA- MacGD-ConnC- SerresK- King (D) | 12th 4F- PleseE-KingH- PleseG- MacGK- With (E) | 13th 1A- KingB- WithC- SerresD- Plese | 14th 2E- WithF- LundG- MacGH-With |
| 17th Family Day | 18th 3B- MacGA-SerresD- KingC- Serres | 19th 4F- MacGE- MacGH- SerresG-MacG | 20th 1Choice Day | 21st 2Choice Day |

Weight Room Schedule

Feb 24th - April 10th

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| 24th 3B- MackA-ConnD- MackC- Serres | 25th 4F- WithE-LundH- OpenG- MacG | 26th 1A- MacGB- KingC- SerresD- Conn |  27th 2E- MacGF- MacGG- MacGH- Serres |  28th Pro D |
| 2nd 3B- WithA- KingD- PleseC- SerresK – MacG (A & B) | 3rd   4F- LundE- WithH- PleseG- MacG | 4th 1A- SerresB- MacGC- SerresD- KIng | 5th 2E- KingF- PleseG- MacGH- WithK – Serres(H)Lund & MacG (E & F) | 6th 3B- MackA-ConnD- MackC- Serres |
| 9th 4F- WithE-LundH- OpenG- MacG | 10th 1A- MacGB- KingC- SerresD- ConnK- With (C) Serres (A) | 11th 2E- MacGF- MacGG- MacGH- SerresK- With (E, F & H) | 12th 3B- WithA- KingD- PleseC- SerresK – Mack (B, C, D) | 13th  4F- LundE- WithH- PleseG- MacG |
| 30th 1A- SerresB- MacGC- SerresD- KingK- Conn (A & C) | 31st 2E- KingF- PleseG- MacGH- With | 1st 3B- MackA-ConnD- MackC- SerresK- King (A, B, D) | 2nd 4F- WithE-LundH- OpenG- MacGK- Plese (F & H) | 3rd 1A- MacGB- KingC- SerresD- ConnK- Plese (C & D) |
| 6th  2E- MacGF- MacGG- MacGH- Serres | 7th 3 B- WithA- KingD- PleseC- Serres | 8th 4Choice Day | 9th 1Choice Day | 10th Good Friday |

Weight Room Schedule

April 13th - May 15th

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| 13th Easter  | 14th 2E-  | 15th 3 | 16th 4 | 17th 1 |
| 20th 2 | 21st  3 | 22nd 4 | 23rd 1 | 24th 2  |
| 27th 3 | 28th 4 | 29th 1 | 30th 2 | 1st  3 |
| 4th 4 | 5th 1 | 6th 2 | 7th 3 | 8th 4 |
| 11th 1 | 12th 2 | 13th 3Choice Day  | 14th 4Choice Day | 15th Day-In Lieu |

Weight Room Schedule

May 18th - June 18th

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| 18th StatHoliday | 19th 1 | 20th 2 | 21st 3 | 22nd 4 |
| 25th 1 | 26th  2 | 27th 3 | 28th  4 | 29th 1 |
| 1st 2 | 2nd 3 | 3rd 4 | 4th 1 | 5th  2 |
| 8th 3 | 9th 4 | 10th 1 | 11th 2 | 12th 3 |
| 15th Long BlocksF & H | 16th Long BlocksA & C  | 17th Long BlocksE& G  | 18th Long BlocksB & D |  |