Weight Room Schedule

Sept. 16th - Oct. 11th

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| --- | --- | --- | --- | --- |
| 16th  1  A- MacG  B- MacG  C- Serres  D- Day | 17th  2  E- With  F- Lund  G- MacG  H- Serres | 18th  3  B- Mack  A- Serres  D- King  C- Serres | 19th  4  F- MacG  E- Lund  H- With  G- MacG | 20th  ProD |
| 23rd  1  A- Conn  B- King  C- Serres  D- Mack  Mack -K (B) | 24th  2  E- MacG  F- Withen  G-MacG  H- Day  With/Serres- K (H) | 25th  3  B- Withen  A- King  D- Conn  C- Serres  Serres-K (A) | 26th  4  F- Day  E- King  H- Open  G- MacG  With- K (E &F) | 27th  1  A- Conn  B-MacG  C-Serres  D-Day  MacG-K (A) |
| 30th  2  E- With  F- Lund  G- MacG  H- Serres  Lund-K (E) | 1st  3  B- Withen  A- Serres  D- King  C- Serres  King-K (A & B)  Day- K (D & C) | 2nd  4  F- MacG  E- Lund  H- With  G- MacG  King-K (E)  Day-K (F & H) | 3rd  1  A- MacG  B- King  C- Serres  D- Mack  King- K (D)  Conn- K (A & C) | 4th  2  E- MacG  F- Withen  G-MacG  H- Day  Lund & MacG- K  (F) |
| 7th  3  B- Mack  A- King  D- Conn  C- Serres  Mack-K (D) | 8th  4  F- Day  E- King  H- Open  G- MacG  MacG- K (E) | 9th  1  A- Open  B-Open  C-Serres  D-Day | 10th  Choice Day | 11th  Choice Day |

Wait Room Schedule

Oct 15th - Nov. 15th

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| --- | --- | --- | --- | --- |
| 14th  Thanksgiving | 15th  4  F-Lund  E- WIth  H-Serres  G- MacG | 16th  1  A-Conn  B-MacG  C- Serres  D- King | 17th  2  E-MacG  F-MacG  G- MacG  H-With | 18th  3  B-Mack  A- Serres  D- Mack  C- Serres  Day (C&D)-K |
| 21st  4  F- With  E- Lund  H-Day  G- MacG  King (E)- K | 22nd  1  A- MacG  B-King  C-Serres  D- Conn  Conn (A)- K  With (C)- K | 23rd  2  E- King  F-Day  G-MacG  H-Open  MacG (E)- K  With (F)- K | 24th  3  B-With  A- King  D- Day  C-Serres  Serres (A)- K  Mack (B&C)- K | 25th  ProD |
| 28th  4  F-Lund  E- With  H-Serres  G- MacG  Lund (E)- K | 29th  1  A-Conn  B-MacG  C-Serres  D- King  MacG (A)-K  King (D)- K | 30th  2  E-MacG  F- MacG  G-MacG  H-With  With (E)- K | 31st  3  B-Mack  A- Serres  D- Mack  C-Serres  King (A& B)- K | 1st  4  F-With  E-Lund  H-Day  G-MacG  Leader(F)- K  With (H)- K |
| 4th  1  A- MacG  B-King  C-Serres  D- Conn  MacG (B)- K  Mack (D)- K | 5th  2  E- King  F- Day  G-MacG  H- Open  Serres (H)-k | 6th  3  B-With  A- King  D- Day  C-Serres  Day (C & D)-K | 7th  4  F- Lund  E- With  H-Serres  G-MacG  Day (F & H)- K | 8th  1  A-Conn  B-MacG  C- Serres  D- King  Conn (C)- K |
| 11th  Remember- ance  Day Stat | 12th  2  E- Lund  F- MacG  G-MacG  H-With | 13th  3  B-Mack  A- Serres  D- Mack  C-Serres | 14th  4  Choice Day | 15th  1  Choice Day |

Weight Room Schedule

Nov 18th - Jan. 17th

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| --- | --- | --- | --- | --- |
| 18th  2  E- Lund  F-With  G- MacG  H- Open | 19th  3  B- King  A- MacG  D-Conn  C- Serres  K- MacG (A&B) | 20th  4  F-Day  E- King  H- Day  G- MacG | 21st  1  A- King  B- With  C- Serres  D- Day | 22nd  2  E- With  F- Lund  G- MacG  H-With  K- Lund&MacG(E)  Withenshaw (F) |
| 25th  ProD | 26th  3  B- MacG  A-Serres  D- King  C- Serres  K- Mack (B) | 27th  4  F- MacG  E- MacG  H- Serres  G-MacG  K- King (E)  Day (F) | 28th  1  A- Conn  B- Mack  C- Serres  D- Mack  K- King (A&B) | 29th  2  E-Lund  F- With  G- MacG  H- Open |
| 2nd  3  B- King  A- MacG  D- Conn  C- Serres  K- Serres (A)  Conn (C) | 3rd  4  F- Day  E-King  H- Day  G- MacG  K- With (E)  Serres (H) | 4th  1  A- King  B- With  C- Serres  D- Day  K – Conn (A)  Withen (C) | 5th  2  E-With F- Lund  G- MacG  H-With | 6th  3  B- MacG  A- Serres  C- Serres  D- King |
| Jan 6th  2  E- MacG  F- MacG  G- MacG  H- Serres | 7th  3  B- Mack  A- Conn  D-Mack  C- Serres | 8th  4  F-With  E- Lund  H- Open  G- MacG | 9th  1  A- MacG  B- King C- Serres  D- Conn | 10th  2  E- King  F-Day  G- MacG  H- Day |
| 13th  3  B- With  A- KIng  D- Day  C- Serres | 14th  4  F- Lund  E-With  H- With  G- MacG | 15th  1  A- Serres  B- MacG  C- Serres  D- King | 16th  2  Choice Day | 17th  3  Choice Day |

Weight Room Schedule

Jan 20th - Feb 21st

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 20th  4  F- Plese  E-King  H- Plese  G- MacG | 21st  1  A- King  B- With  C- Serres  D- Plese | 22nd  2  E- With  F- Lund  G- MacG  H-With | 23rd  3  B- MacG  A-Serres  D- King  C- Serres | 24th  Pro D |
| 27th  4  F- MacG  E- MacG  H- Serres  G-MacG  K- King (E) | 28th  1  A- Conn  B- Mack  C- Serres  D- Mack  K- King (A&B) | 29th  2  E- Lund  F-With  G- MacG  H- Open  K- With (H) | 30th  3  B- King  A- MacG  D-Conn  C- Serres  K- Serres (A) | 31st  4  F- Plese  E-King  H- Plese  G- MacG  K- Serres (H) |
| Feb 3rd  1  A- King  B- With  C- Serres  D- Plese  K- Conn (A)  Mack (D) | 4th  2  E- With  F- Lund  G- MacG  H-With  K- With (F) | 5th  3  B- MacG  A-Serres  D- King  C- Serres  K- Conn (C) | 6th  4  F- MacG  E- MacG  H- Serres  G-MacG  K- Plese (F&H)  Lund (E) | 7th  1  A- Conn  B- Mack  C- Serres  D- Mack  K- MacG (A&B)  With (C)  Plese (D) |
| 10th  2  E- Lund  F-With  G- MacG  H- Open  K- Leader (F) | 11th  3  B- King  A- MacG  D-Conn  C- Serres  K- King (D) | 12th  4  F- Plese  E-King  H- Plese  G- MacG  K- With (E) | 13th  1  A- King  B- With  C- Serres  D- Plese | 14th  2  E- With  F- Lund  G- MacG  H-With |
| 17th  Family Day | 18th  3  B- MacG  A-Serres  D- King  C- Serres | 19th  4  F- MacG  E- MacG  H- Serres  G-MacG | 20th  1  Choice Day | 21st  2  Choice Day |

Weight Room Schedule

Feb 24th - April 10th

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 24th  3  B- Mack  A-Conn  D- Mack  C- Serres | 25th  4  F- With  E-Lund  H- Open  G- MacG | 26th  1  A- MacG  B- King  C- Serres  D- Conn | 27th  2  E- MacG  F- MacG  G- MacG  H- Serres | 28th  Pro D |
| 2nd  3  B- With  A- King  D- Plese  C- Serres  K – MacG (A & B) | 3rd  4  F- Lund  E- With  H- Plese  G- MacG | 4th  1  A- Serres  B- MacG  C- Serres  D- KIng | 5th  2  E- King  F- Plese  G- MacG  H- With  K – Serres(H)  Lund & MacG (E & F) | 6th  3  B- Mack  A-Conn  D- Mack  C- Serres |
| 9th  4  F- With  E-Lund  H- Open  G- MacG | 10th  1  A- MacG  B- King  C- Serres  D- Conn  K- With (C)  Serres (A) | 11th  2  E- MacG  F- MacG  G- MacG  H- Serres  K- With (E, F & H) | 12th  3  B- With  A- King  D- Plese  C- Serres  K – Mack (B, C, D) | 13th  4  F- Lund  E- With  H- Plese  G- MacG |
| 30th  1  A- Serres  B- MacG  C- Serres  D- King  K- Conn (A & C) | 31st  2  E- King  F- Plese  G- MacG  H- With | 1st  3  B- Mack  A-Conn  D- Mack  C- Serres  K- King (A, B, D) | 2nd  4  F- With  E-Lund  H- Open  G- MacG  K- Plese (F & H) | 3rd  1  A- MacG  B- King  C- Serres  D- Conn  K- Plese (C & D) |
| 6th  2  E- MacG  F- MacG  G- MacG  H- Serres | 7th  3  B- With  A- King  D- Plese  C- Serres | 8th  4  Choice Day | 9th  1  Choice Day | 10th  Good Friday |

Weight Room Schedule

April 13th - May 15th

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 13th  Easter | 14th  2  E- | 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  3  Choice Day | 14th  4  Choice Day | 15th  Day-In Lieu |

Weight Room Schedule

May 18th - June 18th

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 18th  Stat  Holiday | 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 Blocks  F & H | 16th  Long Blocks  A & C | 17th  Long Blocks  E& G | 18th  Long Blocks  B & D |  |