



## Alton Basketball Fall Workout Schedule

Sept 3<sup>rd</sup> 6:15 pm – 8:15 pm Weights

Sept 4<sup>th</sup> 6:15 pm – 8:15 pm Weights

Sept 5<sup>th</sup> 6:15 pm – 8:15 pm Weights

Sept 9<sup>th</sup> 6:15 pm – 8:15 pm Weights

Sept 10<sup>th</sup> 4:30 pm – 6 pm Open Gym; 6pm – 8pm Weights

Sept 11<sup>th</sup> 6:15 pm – 8:15 pm Weights

Sept 12<sup>th</sup> 6:15 pm – 8:15 pm Weights

Sept 16<sup>th</sup> 6:15 pm – 8:15 pm Weights

Sept 17<sup>th</sup> 6:15 pm – 8:15 pm Weights

Sept 18<sup>th</sup> 6:15 pm – 8:15 pm Weights

Sept 19<sup>th</sup> 6:15 pm – 8:15 pm Weights

Sept 23<sup>rd</sup> 6:15 pm – 8:15 pm Weights

Sept 24<sup>th</sup> 4:30 pm – 6 pm Open Gym; 6 pm – 8 pm Weights

Sept 25<sup>th</sup> 6:15 am – 7:45 am Weights

Sept 26<sup>th</sup> 6:15 pm – 8:15 pm Weights

Sept 30<sup>th</sup> 4:15 – 5:45 pm Open Gym; 6 pm – 8pm Weights

Oct 1 6:15 pm – 8:15 pm Weights

Oct 2 6:15 pm – 8:15 pm Weights

Oct 3 6:15 pm – 8:15 pm Weights

Oct 7 4 pm – 6 pm Weights; 6:30 pm – 8:30 pm Open Gym

Oct 8 6 pm – 8 pm Weights

Oct. 9 4 pm – 6 pm Weights; 6:30 pm – 8:30 pm Open Gym

Oct. 10 6 pm – 8 pm Weights

Oct 15 4 pm – 6 pm Weights; 6:30 pm – 8:30 pm Open Gym

Oct 16 4 pm – 6 pm Weights

Oct 17 4pm – 6 pm Weights; 6:30 pm – 8:30 pm Open Gym

Oct. 21 4 pm – 6 pm Weights; 6:30 pm – 8:30 pm Open Gym

Oct. 22 4 pm – 6 pm Weights

Oct. 23 4 pm – 6pm Weights; 6:30 pm – 8:30 Open Gym

Oct. 24 4 pm – 6pm Weights

Oct 28 4 pm – 6 pm Weights; 7:30 pm – 9:00 Open Gym

Oct. 29 4 pm – 6 pm Weights; 7:30 pm – 9:00 pm Open Gym

Oct. 30 4 pm – 6 pm Weights; 7:30 pm – 9:30 pm Open Gym

Nov 4 6:30 pm – 8:30 pm Open Gym

Nov 5 6:30 pm – 8:30 pm Open Gym