

# **2024 WEIGHT ROOM SUMMER HOURS**

**STARTING JUNE 10**

FIELDHOUSE/ANNEX AT STADIUM

**ALL VARSITY SPORTS**

FRIDAY

7:00 AM – 12:00 PM

**VARSIY & JV FOOTBALL**

MON, TUES Field:8:00-9:30 AM Lift: 9:30-11:00 AM

WED, THUR Lift:8:00-9:30 AM Field: 9:30-11:00 AM

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FITNESS CENTER AT HIGH SCHOOL

**ALL VARSITY SPORTS**

MON–FRIDAY

7:00–11AM