

# Weight Room Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
Time					
7:30 AM	open	open	open	open	open
8:00 AM	open	open	Mosaic 8:00 - 10:50	open	open
8:30 AM	Mosaic 8:45 - 9:22	Central 8:40 - 9:30	Mosaic 8:00 - 10:50	Central 8:40 - 9:30	Mosaic 8:45 - 9:22
9:00 AM	Mosaic 8:45 - 9:22	Central 8:40 - 9:30	Mosaic 8:00 - 10:50	Central 8:40 - 9:30	Mosaic 8:45 - 9:22
9:30 AM	Central 9:22 - 9:35	open	Mosaic 8:00 - 10:50	open	Central 9:22 - 9:35
10:00 AM	open	open	Mosaic 8:00 - 10:50	open	open
10:30 AM	Central 10:45 - 11:33	Central 10:45 - 11:34	Mosaic 8:00 - 10:50	Central 10:45 - 11:34	Central 10:45 - 11:35
11:00 AM	Central 10:45 - 11:34	Central 10:45 - 11:34	Central 10:55-11:20	Central 10:45 - 11:34	Central 10:45 - 11:35
11:30 AM	open	open	open	open	open
12:00 PM	open	Central 12:15 - 2:15	open	Central 12:15 - 2:15	open
12:30 PM	open	Central 12:15 - 2:15	open	Central 12:15 - 2:15	open
1:00 PM	open	Central 12:15 - 2:15	open	Central 12:15 - 2:15	open
1:30 PM	Central 1:25 - 2:15	Central 12:15 - 2:15	open	Central 12:15 - 2:15	Central 1:25 - 2:15
2:00 PM	Central 1:25 - 2:15	open	open	open	Central 1:25 - 2:15
2:30 PM	open	open	open	open	open
3:00 PM	open	open	open	open	open
3:30 PM	open	open	open	open	open
4:00 PM	open	open	open	open	open

Please note that these are general times. As per changes in schedules or unplanned events these times may vary. If anyone would like an orientation to the weight room please do not hesitate to contact me at [wjones@centralhs.org](mailto:wjones@centralhs.org).

Thank You,

William Jones  
Adam Laborde