

December 2010

KSC Weight Room KSC Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 Weight Room Hours 7A-11:30P KSC-B32 Wellness--Functional Strength 12:30P- 1:15P KSC-B32	2 Weight Room Hours 7A-11:30P KSC-B32 Weightroom, Women Only 4P- 6P KSC-B32	3 Weight Room Hours 7A-10P KSC-B32 PE114A Strength Training 9:50A-10:50A KSC-B32 PE114A Strength Training 11:10A-12:10P KSC-B32 PE114B Strength Training 1:40P- 2:40P KSC-B32	4 Weight Room Hours 10A- 6P KSC-B32	5 Weight Room Hours 12P-10P KSC-B32
6 Weight Room Hours 7A-11:30P KSC-B32 Wellness--Functional Strength 12:30P- 1:15P KSC-B32 Weightroom, Women Only 4P- 6P KSC-B32	7 Weight Room Hours 7A-11:30P KSC-B32 PE114A Strength Training 9:50A-10:50A KSC-B32 PE114A Strength Training 11:10A-12:10P KSC-B32 PE114B Strength Training 1:40P- 2:40P KSC-B32	8 Weight Room Hours 7A-11:30P KSC-B32 Wellness--Functional Strength 12:30P- 1:15P KSC-B32	9 Weight Room Hours 7A-11:30P KSC-B32 Weightroom, Women Only 4P- 6P KSC-B32	10 Weight Room Hours 7A-10P KSC-B32 PE114A Strength Training 9:50A-10:50A KSC-B32 PE114A Strength Training 11:10A-12:10P KSC-B32 PE114B Strength Training 1:40P- 2:40P KSC-B32	11 Weight Room Hours 10A- 6P KSC-B32	12 Weight Room Hours 12P- 6P KSC-B32
13 Weight Room Hours 7A- 7P KSC-B32 Wellness--Functional Strength 12:30P- 1:15P KSC-B32 Weightroom, Women Only 4P- 6P KSC-B32	14 Weight Room Hours 7A- 7P KSC-B32	15 Weight Room Hours 7A- 7P KSC-B32 Wellness--Functional Strength 12:30P- 1:15P KSC-B32	16 Weight Room Hours 7A- 7P KSC-B32 Weightroom, Women Only 4P- 6P KSC-B32	17 Weight Room Hours 7A- 7P KSC-B32	18	19
20 Weight Room Hours 7A- 7P KSC-B32 Wellness--Functional Strength 12:30P- 1:15P KSC-B32 Weightroom, Women Only 4P- 6P KSC-B32	21	22 Wellness--Functional Strength 12:30P- 1:15P KSC-B32	23	24	25	26
27	28	29	30	31		