

November 2010

KSC Weight Room KSC Events

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

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29 <hr/> Weight Room Hours 7A-11:30P KSC-B32 <hr/> Wellness--Functional Strength 12:30P- 1:15P KSC-B32 <hr/> Weightroom, Women Only 4P- 6P KSC-B32 <hr/>	30 <hr/> Weight Room Hours 7A-11:30P KSC-B32 <hr/> PE114A Strength Training 9:50A-10:50A KSC-B32 <hr/> PE114A Strength Training 11:10A-12:10P KSC-B32 <hr/> PE114B Strength Training 1:40P- 2:40P KSC-B32 <hr/>					