

October 2010

KSC Weight Room

KSC Events

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

October 2010

KSC Weight Room

KSC Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
25	26	27	28	29	30	31
Weight Room Hours 7A-11:30P KSC-B32	Weight Room Hours 7A-11:30P KSC-B32	Weight Room Hours 7A-11:30P KSC-B32	Weight Room Hours 7A-11:30P KSC-B32	Weight Room Hours 7A-10P KSC-B32	Weight Room Hours 10A- 6P KSC-B32	Weight Room Hours 12P-10P KSC-B32
Wellness--Functional Strength 12:30P- 1:15P KSC-B32	PE114A Strength Training 9:50A-10:50A KSC-B32	Wellness--Functional Strength 12:30P- 1:15P KSC-B32	Weightroom, Women Only 4P- 6P KSC-B32	PE114A Strength Training 9:50A-10:50A KSC-B32		
Weightroom, Women Only 4P- 6P KSC-B32	PE114A Strength Training 11:10A-12:10P KSC-B32			PE114A Strength Training 11:10A-12:10P KSC-B32		
	PE114B Strength Training 1:40P- 2:40P KSC-B32			PE114B Strength Training 1:40P- 2:40P KSC-B32		