9/13/2010 to 10/02/2010

KSC Weight Room KSC Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
13	14	15	16	17	18	19
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
WellnessFunctional Strength 12:30P- 1:15P KSC-B32	PE114A Strength Training 11:10A-12:10P KSC-B32	WellnessFunctional Strength 12:30P- 1:15P KSC-B32	Weightroom, Women Only 4P- 6P KSC-B32	PE114A Strength Training 11:10A-12:10P KSC-B32		KSC-B32
Weightroom, Women Only 4P- 6P KSC-B32	PE114B Strength Training 1:40P- 2:40P KSC-B32			PE114B Strength Training 1:40P- 2:40P KSC-B32		
20	21	22	23	24	25	26
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
WellnessFunctional Strength 12:30P- 1:15P KSC-B32	PE114A Strength Training 11:10A-12:10P KSC-B32	WellnessFunctional Strength 12:30P- 1:15P KSC-B32	Weightroom, Women Only 4P- 6P KSC-B32	PE114A Strength Training 11:10A-12:10P KSC-B32		KSC-B32
Weightroom, Women Only 4P- 6P KSC-B32	PE114B Strength Training 1:40P- 2:40P KSC-B32			PE114B Strength Training 1:40P- 2:40P KSC-B32		
27	28	29	30	1	2	
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	
WellnessFunctional Strength 12:30P- 1:15P KSC-B32	PE114A Strength Training 11:10A-12:10P KSC-B32	WellnessFunctional Strength 12:30P- 1:15P KSC-B32	Weightroom, Women Only 4P- 6P KSC-B32	PE114A Strength Training 11:10A-12:10P KSC-B32		
Weightroom, Women Only 4P- 6P KSC-B32	PE114B Strength Training 1:40P- 2:40P KSC-B32			PE114B Strength Training 1:40P- 2:40P KSC-B32		