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| --- |
| October |
| 2019 |
| Highline Basketball Weights/Cond./Open Gym |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  | 1 | 2 | 3 | 4 | 5 |
|  |  |  | Weight Room  Conditioning  5:00 – 6:30pm |  | Weight Room 4:00 – 5:00pm |  |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
|  | Weight Room  Open Gym  5:00 – 7:00pm |  | Weight Room  Conditioning  5:00 – 6:30pm |  | \*Weight Room  Open Gym  1:00-3:00pm |  |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
|  | Weight Room  5:00 – 6:00pm |  | Conditioning  Open Gym  5:00 – 7:00pm |  | Open Gym  4:00 – 5:30pm |  |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
|  | Weight Room  5:00 – 6:00pm |  | Weight Room  Open Gym  5:00 – 7:00pm |  | Conditioning  Open Gym  4:00 – 5:30pm |  |
| 27 | 28 | 29 | 30 | 31 | Nov. 1 |  |
|  | Weight Room  5:00 – 6:00pm |  | Weight Room  Open Gym  5:00 – 7:00pm |  | Open Gym  4:00 – 5:30pm |  |
|  | Nov. 4 |  | Nov. 6 |  | Nov. 8 |  |
|  | Weight Room  5:00 – 6:00pm |  | Weight Room  Open Gym  5:00 – 7:00pm |  | Open Gym  4:00 – 5:30 |  |