

WILHELMINE TEW DAMON FITNESS CENTER
2018 FALL WEIGHT TRAINING SCHEDULE (Begins August 13th)

MONDAY & WEDNESDAY (Building closes at 8:00 p.m.)

6:00-7:00 a.m.	*Softball
7:00 a.m.-1:00 p.m.	Open Workout
1:00-2:30 p.m.	*Men's Basketball (Monday)
2:30-4:00 p.m.	*Track
4:00-5:00 p.m.	*Women's Basketball
5:00-6:30 p.m.	Open Workout
6:30-7:45 p.m.	*Tennis

TUESDAY & THURSDAY (Building closes at 8:45 p.m.)

6:00-7:30 a.m.	*Baseball
7:30 a.m.-1:00 p.m.	Open Workout
1:00-1:50 p.m.	1531 A Sollie
2:00-3:30 p.m.	*Men's Basketball
3:30-4:00 p.m.	Open Workout
4:00-5:00 p.m.	*Women's Basketball
5:00-6:30 p.m.	Open Workout
6:30-7:30 p.m.	*Tennis
7:30-8:30 p.m.	Open Workout

FRIDAY (Building closes at 6:45 p.m.)

6:00-7:00 a.m.	*Softball
7:00-8:00 a.m.	*Baseball
8:00-9:30 a.m.	*Track
9:30 a.m.-1:00 p.m.	Open Workout
1:00-2:30 p.m.	*Men's Basketball
2:30-3:30 p.m.	*Tennis
3:30-6:30 p.m.	Open Workout

SATURDAY and SUNDAY
Closed

SCHEDULE MAY CHANGE DUE TO CLASS DEMANDS OR USAGE

***If an athletic team is not in the weight room**
it is an open workout

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