

## WILHELMINE TEW DAMON FITNESS CENTER 2019 SPRING WEIGHT TRAINING SCHEDULE

### **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  
2:30-3:30 p.m.         \*Women's Soccer  
3:30-5:00 p.m.         \*Track  
5:00-6:00 p.m.         \*Tennis  
**6:00-7:45 p.m.         Open Workout**

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

6:00-7:00 a.m.           \*Baseball  
7:00-8:00 a.m.           \*Men's Golf  
**8:00 a.m.-2:00 p.m.    Open Workout**  
2:00-3:30 p.m.         \*Tennis  
**3:30-4:00 p.m.         Open Workout**  
4:00-4:30 p.m.         \*Women's Basketball  
4:30-5:30 p.m.         \*Men's Basketball  
**5:30-8:30 p.m.         Open Workout**

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

6:00-7:00 a.m.           \*Softball  
**7:00-9:00 a.m.         Open Workout**  
9:00 a.m.-10:30 a.m.    \*Men's Basketball  
**10:30 a.m.-2:00 p.m.   Open Workout**  
2:00-3:00 p.m.         \*Baseball  
**3:00-6:30 p.m.         Open Workout**

**SATURDAY and SUNDAY (Subject to change)**  
**Closed**

### **SCHEDULE MAY CHANGE DUE TO CLASS DEMANDS OR USAGE**

**\*If an athletic team (except early morning) is not in the weight room, then it is an open workout**

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