

## Century Panters 2020 Spring Weight Room Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:00					
6:15	Men's Varsity Throwers	Men's Varsity Throwers	Men's Varsity Throwers	Men's Varsity Throwers	Men's Varsity Throwers
6:30	All Off Season	All Off Season	All Off Season	All Off Season	All Off Season
6:45	Men's LaX	Men's LaX	Men's LaX	Men's LaX	Men's LaX
7:00					
OFF					
OFF					
3:00					
3:15		Women's Distance		Men's Distance	Men's Distance
3:30	Men's JV S/J/H	Men's JV Throws	Men's JV S/J/H	Men's JV S/J/H	Men's JV S/J/H
3:45		All Off Season		All Off Season	All Off Season
4:00	Women's Throwers	Women's Throwers	Women's Throwers	Women's Throwers	Women's Throwers
4:15	Men's V S/J/H	Women's S/J/H	Men's V S/J/H	Men's V S/J/H	Men's V S/J/H
4:30		All Off Season		All Off Season	All Off Season
4:45		Women's S/J/H		Women's S/J/H	Women's S/J/H
5:00					
5:15					
5:30					

**\*\* KEY \*\***

Men's Varsity Throwers : Monday - Friday 6:00 AM - 6:45 AM

Men's JV Throwers : Monday - Friday 3:30 PM - 4:00 PM

Men's Varsity Sprinters / Jumpers / Hurdles : Monday, Wednesday & Thursday 4:15 PM - 4:45 PM

Men's JV Sprinters / Jumpers / Hurdles : Monday, Wednesday & Thursday 3:30 PM - 4:00 PM

Men's Distance : Wednesday & Friday 3:15 PM - 3:45 PM

Women's Throwers : Monday - Friday 4:00 PM - 4:30 PM

Women's Sprinters / Jumpers / Hurdles : Monday, Wednesday & Friday 4:30 PM - 5:00 PM

Women's Distance : Monday & Friday 3:15 PM - 3:45 PM

Men's Lacrosse : Monday - Thursday 6:15 AM - 6:45 AM

Women's Lacrosse : Wednesday & Friday 6:15 AM - 6:45 AM

All Off-Season Athletes : Monday - Friday 6:00 AM - 7:00 AM

Monday, Wednesday, & Friday 4:00 PM - 5:00 PM

Tuesday & Thursday 3:15 PM - 4:00 PM