

2022 Exam/Christmas Break BFHS weightroom schedule

Thursday 12/15 Baseball/ Boys Volleyball 315-415, BLAX/FB 415-515

Friday 12/16 Girls Volleyball 3-4pm, BLAX/FB 4-5

Monday 12/19 Girls Volleyball 2-3 pm, Boys Basketball 3-4, Swim/TF 4-5

Tuesday 12/20 Boys Volleyball/ BLAX/FB 4-5pm

Wednesday 12/21 Boys bb 10am-11am, Girls Volleyball 11am-12pm, GirlsLAX/SB/TF 12-1 Baseball 130-230

Thursday 12/22 Boys basketball 10am-11am, Boys Volleyball/ BLAX/FB 11am-12pm

Friday 12/23 Baseball 130-230pm, Girls Volleyball 230-330pm, BoysLAX/FB 330-430pm

Monday 12/26 Girls Volleyball 3-4pm, Swim/TF 4-5pm

Tuesday 12/27 Boys Volleyball/ BoysLAX/FB 4-5pm

Wed. 12/28 Boys bb 930-10am, 1030-1130am (on own) BSB 130-230, GVB 230-330, GLAX/SB/TF 330-430

Thursday 12/29 Boys Volleyball/ BLAX/FB 1-2pm

*Friday 12/30 weightroom is available with a coach present- Coach Taylor unavailable*

Monday 1/2/2023 Girls Volleyball 230-330pm, Swim/TF 330-430pm

Tuesday 1/3/2023 (1<sup>st</sup> day back to school) – pre-exam/break schedule resumes

Thursday/Friday 1/5 and 1/6 *weightroom is available with a coach present- Coach Taylor unavailable*