

SENECA VALLEY WEIGHT ROOM, FIELD, GYM SCHEDULE

Summer 2019

HOUR	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8-10	730-930-football	730-930-football		730-930-football	730-930-football
10-12					
12-2	1-3- Handball		1-3-Handball		1-3 Handball
2-4	430-6- Girls Bball	4-530- b Bball	4-530- b Bball 430-6- Girls Bball	4-530- b Bball	
4-6		430-630- poms 430-630-cheer	430-630-poms	430-630-poms 430-630- cheer	