

DECEMBER WEIGHTLIFTING SCHEDULE – GRADE 6

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 st
2 nd	3 rd BOYS weightlifting 3:30 – 4:30	4 th GIRLS weightlifting 3:30 – 4:30	5 th BOYS weightlifting 3:30 – 4:30	6 th GIRLS weightlifting 3:30 – 4:30	7 th	8 th
9 th	10 th	11 th	12 th	13 th	14 th	15 th
16 th	17 th BOYS weightlifting 3:30 – 4:30	18 th	19 th GIRLS weightlifting 3:30 – 4:30	20 th **BOYS & GIRLS** weightlifting 3:30 – 4:30	21 st	22 nd
23 rd	24 th	25 th	26 th	27 th	28 th	29 th
30 th	31 st					