

SUMMER WEIGHT LIFTING SCHEDULE

| OPEN TIMES | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|------------|---|--|---|-------------------------------------|--|----------|--------|
| 8:00 AM | FOOTBALL COVERAGE | CLOSED FIELD HOCKEY | FOOTBALL COVERAGE | CLOSED FIELD HOCKEY | FOOTBALL COVERAGE | CLOSED | CLOSED |
| 9:00 AM | FOOTBALL COVERAGE | CLOSED FIELD HOCKEY | FOOTBALL COVERAGE | CLOSED FIELD HOCKEY | FOOTBALL COVERAGE | CLOSED | CLOSED |
| 10:00 AM | CLOSED | CLOSED FIELD HOCKEY | WRESTLING COVERAGE Coach Piermattei | CLOSED FIELD HOCKEY | WRESTLING COVERAGE Coach Piermattei | CLOSED | CLOSED |
| 11:00 AM | CLOSED | WRESTLING COVERAGE Coach Piermattei | WRESTLING COVERAGE Coach Piermattei | CLOSED | WRESTLING COVERAGE Coach Piermattei | CLOSED | CLOSED |
| 12:00 PM | CLOSED | WRESTLING COVERAGE Coach Piermattei | CLOSED | CLOSED | CLOSED | CLOSED | CLOSED |
| 1:00 PM | CLOSED | CLOSED | CLOSED | CLOSED | CLOSED | CLOSED | CLOSED |
| 2:00 PM | CLOSED | CLOSED | CLOSED | CLOSED | CLOSED | CLOSED | CLOSED |
| 3:00 PM | CLOSED | CLOSED | CLOSED | CLOSED | CLOSED | CLOSED | CLOSED |
| 4:00 PM | CLOSED | CLOSED | CLOSED | CLOSED | CLOSED | CLOSED | CLOSED |
| 5:00 PM | CLOSED | CLOSED | CLOSED | CLOSED | WRESTLING COVERAGE Coach Oberlin | CLOSED | CLOSED |
| 6:00 PM | FOOTBALL COVERAGE | PUBLIC HOURS | FOOTBALL COVERAGE | PUBLIC HOURS | WRESTLING COVERAGE Coach Oberlin | CLOSED | CLOSED |
| 7:00 PM | FOOTBALL COVERAGE | PUBLIC HOURS | FOOTBALL COVERAGE | PUBLIC HOURS | CLOSED | CLOSED | CLOSED |
| 8:00 PM | WRESTLING COVERAGE Coach Klinefelter | OPEN MATS | WRESTLING COVERAGE Coach Klinefelter | WRESTLING COVERAGE Coach Oberlin | CLOSED | CLOSED | CLOSED |
| 9:00 PM | WRESTLING COVERAGE Coach Klinefelter | CLOSED | WRESTLING COVERAGE Coach Klinefelter | WRESTLING COVERAGE Coach Oberlin | CLOSED | CLOSED | CLOSED |
| 10:00 PM | WRESTLING COVERAGE Coach Klinefelter | CLOSED | WRESTLING COVERAGE Coach Klinefelter | WRESTLING COVERAGE Coach Oberlin | CLOSED | CLOSED | CLOSED |

- Try to avoid football lifting times if possible. Visit www.miffwrestling.com weekly to check for updates or cancellations of times.
- OPEN MATS ARE EVERY TUESDAY FROM 8:00 PM – 9:00 PM
- LIFT 3 DAYS A WEEK – Make Time!
- Call Coach Piermattei if you have any questions. 372-0505 or 765-1472