

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
WEEK 52						
3	4	5	6	7	8	9
WEEK 1				Weight Lifting 9-10am Open Gym 10am-12pm		
10	11	12	13	14	15	16
WEEK 2		Weight Lifting 2:30-3:30pm Open Gym 4-6pm		Weight Lifting 9-10am Open Gym 10am-12pm		
17	18	19	20	21	22	23
WEEK 3	Open Gym 4-6pm	Weight Lifting 2:30-3:30pm Open Gym 4-6pm		Weight Lifting 9-10am Open Gym 10am-12pm		
24	25	26	27	28	29	30
UNIFIED IOWA HIGH SCHOOL ACTIVITIES FEDERATION NON-CONTACT PERIOD						
WEEK 4						
31						
NON CONTACT CONT..						
Week 5						