

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