

Weight Room Calendar
November 2026



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Weight Room hours follow the school Calendar dates: openings and closing.	**If there is a home basketball game you cannot use the locker -room facilities. Ask the supervisor on duty with questions.**	***DO YOU AVERAGE 7 –9 HOURS OF SCREEN TIME OR MORE???? How much do you move outside of school?***	*If you are making up a PE day, be sure to fill out a make up completely, and have the supervisor sign it.* *Give the slip to your PE teacher!!*	*Contact Mrs. Kennett with questions kkennett@rlfedu.org*	*Check times and dates, as they are subject to change.*	
1 *Closed*	*2* *3:15-4:45 pm*	*3* *3:15-4:45 pm*	*4* *3:15-4:45 pm*	*5* *3:15-4:45 pm*	*6* *Closed– end of quarter one. This is a student half day.*	*7* *Closed*
8 *Closed*	*19* *3:15-4:45 pm*	*10* *3:15-4:45 pm*	*11* *3:15-4:45 pm*	*12* *3:15-4:45 pm*	*13* *3:15– 4:00 PM*	*14* *Closed*
15 *Closed* *American Education Week*	*16* *3:15-4:45 pm*	*17* *3:15-4:45 pm*	*18* *3:15-4:45 pm*	*19* *3:15-4:45 pm*	*20* *3:15– 4:00 PM*	*21* *Closed*
22/29 *Closed*	*23/30* *3:15-4:45 pm*	*24* *3:15-4:45 pm*	*25* *3:15-4:45 pm*	*26-Closed* 	*27-Closed*	*28* *Closed*