

**N O R T H W E S T**

**V I K I N G S**



**2009 SUMMER WEIGHT ROOM HRS.**

**M-F 6:30-9:30 a.m.**

**BOYS: 6:30 - 8:00 a.m.**

**GIRLS: 8:00 - 9:30 a.m.**

**M-F 12:00 - 1:30**

**JR. HIGH/FRESHMAN (BOYS AND GIRLS)**

**M-TH 5:30 - 7:30 p.m. BOYS AND GIRLS**

**COACH BURBACH**

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