

PHYSICAL EDUCATION/HEALTH  
FIRST SEMESTER  
2024-2025

	8:20-9:12 (52)	9:19-10:06 (47)	10:13-11:00 (47)	11:07-11:54 (47)	12:01-12:48 (47)	12:55-1:42 (47)	1:49-2:36 (47)	2:43-3:30 (47)
Teacher	Period 1	Period 2	Period 3	Period 4	Period 5	Period 6	Period 7	Period 8
Holly Lane W84A / 4-2452	Coordinator Coordinator	Women's Wts Weight Room		Yoga Dance Room			Health W 203	Sports for Life South Gym
Tyson Allen W201A/ 4-2337	Team Sports North Gym	Health W 201	Health W 201		Health W 201	Team North Gym		Health W 201
Det Betti W88a / 4-2413	Adv. Fitness Weight Room		Adv. Fitness Weight Room	Adv. Fitness Weight Room		Weight Training Weight Room	Adv. Fitness Weight Room	
Mike Goeglein W87A / 4-2458	Adventure Setup Climbing Room		Adv. Challenge Climbing Room		Personal Fitness W 203 Tues		Challenge Course Climbing Room	Adv Ldr Training Climbing Room
Joe Herrera W 83D/4-2533		Leadership Academ W 220		Team Sports North Gym	Team Sports North Gym		Team Sports North Gym	Weight Training Weight Room
Seneca Holmes W201A/4-2382	Health W 203	Health W 203	Team Sports North Gym		Weight Training Weight Room		Peer Mentor East Gym	
Sarah LaGrange W86C / 4-2457		Dance Dance Room	Dance Dance Room		Dance Dance Room	Fitness/aerobic Dance Room		
Mike Luhring W514A / 4-2415	Advanced Fitness Weight Room	Individual Sports South Gym	Individual Sports South Gym			Weight Training Weight Room	Individual Sports South Gym	
Allison McKean W88C/ 4-2354	Power Yoga Dance Room	Women's Wts Weight Room		Health W 203	Hybrid Health W203 Thurs		Yoga Dance Room	Yoga Dance Room
Savannah Opp W84B / 4-2310		Adv. Outdoor Ed Climbing Room		Adv. Outdoor Ed Climbing Room	Challenge Course Climbing Room	Challenge Course Climbing Room		Adv. Water Pool