

**Big Walnut High School
Strength & Fitness
Weight Room Schedule
Summer 2019**



Day Time	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
7:00 AM	Volleyball 7:00 - 8:00am		Volleyball 7:00 - 8:00am		Volleyball 7:00 - 8:00am
8:00 AM	Football / Wrestling 8:00 - 10:00am		Football / Wrestling 8:00 - 10:00am		Football / Wrestling 8:00 - 10:00am
9:00 AM					
10:00 AM	Cross Country 10:00 - 11:00am		Cross Country 10:00 - 11:00am		Baseball / Softball / Lacrosse / Track 10:00 - 11:00am
11:00 AM	Boys Basketball 11:00am - Noon		Boys Basketball 11:00am - Noon		Boys Basketball 11:00am - Noon
NOON	Girls Basketball Noon - 1:00pm		Girls Basketball Noon - 1:00pm		Girls Basketball Noon - 1:00pm
2:30 PM		Baseball / Softball / Lacrosse / Track 2:30 - 3:30pm		Baseball / Softball / Lacrosse / Track 2:30 - 3:30pm	
3:30 PM		Boys Soccer 3:30 - 5:00pm		Boys Soccer 3:30 - 4:30pm	
5:00 PM		Girls Soccer 5:00 - 6:00pm		Girls Soccer 5:00 - 6:00pm	
6:00 PM		Swim / Tennis / Golf 6:00 - 7:00pm		Swim / Tennis / Golf 6:00 - 7:00pm	
7:00 PM		Youth Camp 7:00 - 8:00pm		Youth Camp 7:00 - 8:00pm	