

Ohio State Sport Performance

Olentangy Liberty High School

Main/Auxillary/Balcony Weight Room Schedule

Winter 2018



Time	Monday	Tuesday	Wednesday	Thursday	Friday
Main Weight Room					
6:00am	<i>Wrestling</i> 6:00 - 6:45 DM	<i>Boys & Girls Swim</i> 6:00 - 6:45 DM	<i>Boys & Girls Swim</i> 6:00 - 6:45 DM		<i>Wrestling/Baseball</i> 6:00 - 6:45 DM
2:55pm	<i>Off-Season 1</i> 2:55 - 4:00	<i>Girls Off-Season</i> 2:55 - 4:00	<i>Off-Season 1</i> 2:55 - 4:00	<i>Girls Off-Season</i> 2:55 - 4:00	<i>Off-Season 1</i> 2:55 - 4:00
3:00pm					
3:30pm					
4:00pm	<i>Boys Off-Season 3</i> 4:00 - 5:00	<i>Girls Off-Season 2/ Track</i> 4:00 - 5:00	<i>Boys Off-Season 3</i> 4:00 - 5:00	<i>Girls Off-Season 2/ Track/ Open</i> 4:00 - 5:00	
4:30pm					
5:00pm					
5:30pm					
Auxillary Weight Room					
3:00pm	<i>Off Season 2</i>		<i>Frosh Wrestling</i>		<i>Off Season 2</i>
3:30pm	<i>Middle School</i> 3:30 - 4:30		<i>Middle School</i> 3:30 - 4:30		
4:00pm	DM		DM		
Balcony					
2:55pm	CLOSED FOR S&C 2:50 - 4:30	CLOSED FOR S&C 2:50 - 4:30	CLOSED FOR S&C 2:50 - 4:30	CLOSED FOR S&C 2:50 - 4:30	CLOSED FOR S&C 2:50 - 4:30
4:00pm					
5:00pm					
6:00pm					