

**Ohio State Sport Performance**  
**Olentangy Liberty High School**  
 Main/Auxillary/Balcony Weight Room Schedule  
 Winter 2019 (Jan 7 - March 22)



<u>Time</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<b>Main Weight Room</b>					
6:00am	<i>Wrestling</i> 6:00 - 6:45	<i>Swim</i> 6:00 - 6:45	<i>Swim</i> 6:00 - 6:45		<i>Wrestling/Baseball</i> 6:00 - 6:45
2:50pm	<i>Hockey</i>	<i>OFF Season 3</i>	<i>G Lacrosse</i>	<i>G OFF Season 1 + Gymnastics</i>	<i>OFF Season 3</i>
3:00pm					
3:30pm	<i>B OFF Season 1</i>	<i>G OFF Season 1</i>	<i>B OFF Season 1</i>	<i>G/B OFF Season 1</i>	<i>Middle School</i>
4:00pm		<i>Middle School</i>			
4:30pm					<i>B OFF Season 2</i>
5:00pm			<i>GBK</i>		
5:30pm					
<b>Auxillary Weight Room</b>					
2:50pm			<i>BBK</i>		
3:30pm					
<b>Balcony</b>					
2:50pm	<i>B OFF Season 1</i>	<i>G OFF Season 1</i>	<i>B OFF Season 1</i>	<i>B OFF Season 1</i>	<i>OFF Season 3</i>
3:00pm					
3:30pm	<i>Hockey</i>	<i>Middle School</i>			
4:00pm	<i>Speed School</i>	<i>Speed</i>	<i>B OFF Season 2</i>	<i>Speed</i>	<i>Middle School</i>
4:30pm					
5:00pm					