

Ohio State Sport Performance
 Olentangy Liberty High School
 Main/Auxillary/Balcony Weight Room Schedule
 Fall 2019 (August 26th - October 31st)



<u>Time</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<i>Main Weight Room</i>					
6:00am	<i>Wrestling 6:00 - 6:45</i>				<i>Wrestling/Baseball 6:00 - 6:45</i>
2:50pm		<i>Football</i>	<i>B CC</i>	<i>Field Hockey</i>	<i>G Soccer</i>
3:00pm					
3:30pm	<i>B OFF Season 1</i>	<i>G OFF Season 1</i>	<i>B OFF Season 1</i>	<i>B OFF Season 2</i>	<i>B Soccer</i>
4:00pm	<i>B OFF Season 2</i>		<i>G CC</i>		
4:30pm					
5:00pm	<i>FR Football</i>				
5:30pm					
<i>Auxillary Weight Room</i>					
2:50pm					
3:30pm					
<i>Balcony</i>					
2:50pm	<i>B OFF Season 1</i>	<i>G OFF Season 1</i>	<i>B OFF Season 1</i>	<i>B&G OFF Season 1</i>	<i>Volleyball</i>
4:00pm					
5:00pm					
6:00pm					
7:00pm					
8:00pm					