

Ohio State Sport Performance
 Olentangy Liberty High School
 Main/Auxillary/Balcony Weight Room Schedule
 Winter 2020 (Mar. 2 - May 15)



Time	Monday	Tuesday	Wednesday	Thursday	Friday
Main Weight Room					
6:00am					
2:50pm	B OFF Season 1- FB B. B-Ball B.	G OFF Season 1-Girls Volleyball Girls Soccer Softball	B OFF Season 1- FB B. B-Ball B. Volleyball (2:50-3:30) G. Lax (2:50-3:30)	B OFF Season 1 G OFF Season 1	B Track Golf B. Tennis
3:00pm	Volleball (2:50-3:30)				
3:30pm					
4:00pm		G OFF Season 2 Golf/B. Distance/B. Tennis		4PM Golf- Distance	
4:30pm					
5:00pm					
5:30pm					
Auxillary Weight Room					
2:50pm					
3:30pm	Middle School Boys		Middle School Boys		
Balcony					
2:50pm	B OFF Season 1	Girls OFF Season 1	B OFF Season 1 G. Lax	B OFF Season 1 G OFF Season 1	B Track Golf B. Tennis
3:00pm					
3:30pm	MS		MS	Golf/ Distance	
4:00pm	B OFF Season 2		B OFF Season 2		
4:30pm	Softball (Practice)	Softball (Practice)	Softball (Practice)	Softball (Practice)	Softball (Practice)
5:00pm					