

# Weight Room Schedule Week of 12-20-2021

Bold letters are Game Days

OS designates= Off-Season

Time	Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24	Saturday 25
9-10 AM				Oly 2		
10-11:30 AM				Oly 1	Oly 1	
2:50-3:20 PM	OS BBB no lift <b>9BBB LN</b>	<b>Wrestling@Stillwater</b> <b>10A BBB</b> <b>BBB LN</b> OS				
3:20-3:50	GBB <b>9A GBB LN</b>	OS Lower <b>JV/10 A GBB LN</b> <b>GBB LN</b>				
3:50-4:20	Olympic 1 & 2	Olympic 1 <b>OS Upper</b>				
4:20-4:50	Oly 1 & 2	Oly 1				
4:50-5:10	Oly 1 & 2	Oly 1				
5:10-5:30	Oly 1 & 2	Oly 1				
5:30-6	Gymnastics	<b>Gymnastics LN</b>				