

Stoughton High School Weightroom

School Year Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
In-season Varsity/JV <i>(scheduled with sport teams, can vary by team)</i>	7:00-8:00am		7:00-8:00am		
In-season Freshmen/JV2 <i>(scheduled with sport teams, can vary by team)</i>	3:45-4:15pm	3:45-4:15pm	3:45-4:15pm	3:45-4:15pm	3:45-4:15pm
Off-Season Athletes <i>(Choose 4 of 5 available days)</i>	3:45-4:30pm	7:00-8:00am OR 3:45-4:30pm	3:45-4:30pm	7:00-8:00am OR 3:45-4:30pm	3:45-4:30pm
All Students	3:45-4:30pm	3:45-4:30pm		3:45-4:30pm	3:45-4:30pm
For AM sessions use Athletics entrance (door #24)					