

Stoughton High School Weightroom

School Year Schedule

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
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>(Tues/Thur/Fri are primary training days, Mon/Wed are extra days)</i>	3:45-4:15pm	7:00-8:00am OR 3:45-4:30pm	3:45-4:15pm	7:00-8:00am OR 3:45-4:30pm	7:00-8:00am OR 3:45-4:30pm
All Students		3:45-4:30pm		3:45-4:30pm	3:45-4:30pm

For AM sessions use Athletics entrance (door #24)