

SHS Weight Room Winter 2023

Monday			Tuesday			Wednesday			Thursday			Friday		
220-305	Football		220-305	Boys Crew	Girls Crew	220-305	Football		220-305	Boys Crew	Girls Crew	220-305	Football	
305-350	Baseball	Softball	305-350	Girls Lacrosse		305-350	Baseball	Softball	305-350	Girls Lacrosse		305-350	Girls Rugby	
350-435	S&C	Boys CC	350-435	Indoor Track	CC Ski	350-435	S&C	Boys CC	350-435	Indoor Track		350-435		
435-515	Boys Hockey		435-515	Field Hockey		435-515			435-515	Field Hockey	Boys Hockey	435-515		