

Year 10 Training Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
7:50 – 8:30	Rugby Skills (HM)	Pole Vault (JS)	Yr 10 Basketball (JS)	Yr 10 Basketball (JS) Cross Country (SG)	
12:50 – 13:30	Yr 10 Basketball (JS)	Yr 10 Football (MA) Fitness/XC (JS)		Yr 10 Rugby (MA)	
15:45 – 16:40					