

Year 11 Training Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
7:50 – 8:30	Rugby Skills (HM)	Pole Vault (JS)	Weight Room (HM)	Yr 11 Basketball (JS) Cross Country (SG)	
12:50 – 13:30	Year 11 Football (SG)	Fitness/XC (JS)		Year 11 Rugby (HM)	Yr 11 Basketball (JS)
15:45 – 16:40					