

Strength & Conditioning In-Season Timetable

Starting week beginning 31st August 2026

Open to all SAC sports team athletes

Venue	Monday	Tuesday	Wednesday	Thursday	Friday
Collen Gym 7am-8.15am	5th & 6th years	5th & 6th years	TY	5th & 6th years	5th & 6th years
Collen Gym 4pm-5.15pm	3rd years	3rd years		TY	3rd years JCT