Strength & Conditioning Times

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	• 3 rd Year	• 2 nd Year	• 3 rd Year	• 2 nd Year	• 6 th Year
	Group 2	Boys	Group 2	Girls	Collen Gym
7am – 8.15am	Collen Gym	Sports Hall	Collen Gym	Sports Hall	
		• 5 th Year Collen Gym		• 5 th Year Collen Gym	
Afternoon	• 3 rd Year	• 4 th Year		• 4 th Year	• 3 rd Year
	Group 1	Collen Gym		Collen Gym	Group 1
4pm – 5.15pm	Collen Gym				Collen Gym