

Strength & Conditioning Times

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning 7am – 8.15am	<ul style="list-style-type: none"> • 3rd Year Group 2 Collen Gym 	<ul style="list-style-type: none"> • 2nd Year Boys Sports Hall • 5th Year Collen Gym 	<ul style="list-style-type: none"> • 3rd Year Group 2 Collen Gym 	<ul style="list-style-type: none"> • 2nd Year Girls Sports Hall • 5th Year Collen Gym 	<ul style="list-style-type: none"> • 6th Year Collen Gym
Afternoon 4pm – 5.15pm	<ul style="list-style-type: none"> • 3rd Year Group 1 Collen Gym 	<ul style="list-style-type: none"> • 4th Year Collen Gym 		<ul style="list-style-type: none"> • 4th Year Collen Gym 	<ul style="list-style-type: none"> • 3rd Year Group 1 Collen Gym