



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:00	<b>Red 2 Squad</b> 05:50-06:50						
06:30		<b>Rugby 1st XV</b> 06:30 - 07:45	<b>Rugby 1st XV</b> 06:30 - 07:45				
07:00	<b>Green Squad</b> 06:50-07:50			<b>Blue Squad</b> 06:50-07:50	<b>Open Gym</b> 07:00 - 08:00		
07:30							
08:00							
09:00						<b>Boarders Gym</b> 09:00 - 11:00	
10:00							
11:00							
12:00	<b>1 to 1 Session</b> 12:00 - 13:00	<b>1 to 1 Session</b> 12:00 - 13:00	<b>1 to 1 Session</b> 12:00 - 13:00	<b>1 to 1 Session</b> 12:00 - 13:00	<b>1 to 1 Session</b> 12:00 - 13:00		
13:00	<b>TPP</b> 13:00 - 14:00	<b>Open Gym</b> 13:00 - 14:00	<b>Rugby Development</b> 13:00 - 14:00	<b>Open Gym</b> 13:00 - 14:00	<b>TPP</b> 13:00 - 14:00		
14:00		<b>Green Squad Year 10 only</b> 14:00 - 15:00	<b>Purple Squad</b> 14:00 - 15:00				
15:00		<b>Purple Squad</b> 15:00 - 16:00					
16:00		<b>Red Squad 1 &amp; 2 Selected Swimmers</b> 16:00 - 17:00		<b>Purple Squad</b> 16:00 - 17:00			
16:30							
17:00		<b>Blue Squad</b> 17:00 - 18:00		<b>Green Squad Year 9 &amp; Selected Year 8s</b> 17:00 - 18:00	<b>Red 1 &amp; 2 Selected Swimmers</b> 16:45 - 17:45		
17:30	<b>Orange 1 Orange 2 Squash Courts</b> 17:30 - 18:30						
18:00			<b>Red 1</b> 18:00 - 20:00				
18:30							
19:00							
19:30							
20:00							
20:30	<b>Boarders Gym</b> 20:30 - 21:30						
21:00			<b>Boarders Gym</b> 20:30 - 21:30		<b>Boarders Gym</b> 20:30 - 21:30		
21:30							