

EXTRA CURRICULAR TIMETABLE AUTUMN 2024/SPRING 2025

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Early morning		Senior Fitness and Non Netball U15 Lacrosse Fitness U14 Lacrosse Stickwork U13 Lacrosse Stickwork Senior Netball Squad U16 Netball Squad		Senior Lax Stickwork U15 Lacrosse Stickwork U14 Fitness - Optional Senior Lacrosse Stickwork U14 Netball Squad Netball Shooting	
1st Lunch 1-1:40	Fitness suite for 5th Form - GAP U15 Netball U13 Lacrosse Gym Yoga - Dance Studio	Fitness suite for 5th Form - GAP U15 Lacrosse U12 Netball Cross Country Club Trampoline Club Recreational Swimming	House Activities	Fitness suite for 5th Form - GAP U14 Lacrosse U13 Netball Gymnastics Squad F&V Recreational Swimming - EM + gap Badminton Club - Middle school	House Activities
2nd lunch 1:40-2:10	U14 Netball Senior Lacrosse	Trampoline Club Senior Games Lax/Net - 2pm Senior games - Yoga begins 1:45pm	House Activities	U12 Lacrosse Senior Netball U16 Netball Badminton Club - senior school Yoga - dance studio	House Activities
After school 4:25 - 5:25	Fitness suite for 5th Form - GAP U14 Lacrosse Senior Netball U16 Netball U12/U13 Swim squad & Club Gymnastics Squad and Club	Fitness suite for 5th Form - GAP U12 Lacrosse U13 Netball Football	Fitness suite for 5th Form - GAP Senior Lacrosse U14 Netball U12/U13 Gymnastics Squad and Club	Fitness suite for 5th Form - GAP U13 Lacrosse U12 Netball U14/U15/U19 Swim Squad Senior Gymnastics Squad and Club	Fitness Suite - GAP
	Prep swimming/gym	prep fixtures	prep swim /gym / netball afternoon		