



## TRAINING SCHEDULE – TERM 2 – 2018

*Times and Sessions are subject to change in 2018*

Venue	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Boat Shed	1 <sup>st</sup> VII, Blue, Brown Squads, Year 10 5:30am – 7:30am		Year 9 5:30am – 7:30am	1 <sup>st</sup> VII, Blue Squads, Year 10 Rowing 5:30am – 7:30am	1 <sup>st</sup> VIII, Blue Squads, Year 9 Rowing 5:30am – 7:30am	Rowing 1 <sup>st</sup> VIII, Blue, Brown Squad, Year 10 5:30am – 8:00am Year 9 7:30am – 10:00am Year 8 9:30am – 12:00pm
Drama Room					Open Dance 6:30am – 7:30am	
Windsor Park	Athletics 6:30am – 7:45am	Athletics 6:30am – 7:45am	Athletics 6:30am – 7:45am	Club Netball 12years to Inters	Athletics 6:30am – 7:45am	
		Club Netball 6:30am – 7:45am	QG Netball Year 10 & Senior 6:30am – 7:45am			
		Hockey 6:30am – 7:45am				
Tennis Courts	Open & Senior Tennis 6:30am – 7:45am		Junior Tennis 6:30am – 7:45am		Open & Senior Tennis 6:30am – 7:45am	
PHSC	Open & Senior Volleyball 6:30am – 7:45am	1 <sup>st</sup> VIII Ergos 6:30am–8:00am Year 8 Ergos-6:30am–7:30am		Rhythmic Gymnastics 6.30am – 7.45am		Ergos – 1 <sup>st</sup> VIII and Blue Squads 7:30 – 10:00am
		Rhythmic Gymnastics 6.30am – 7.45am				
Undercroft				Strength and Conditioning 6:30am – 7:30am		
<b>LUNCH</b>	High Jump	High Jump	High Jump			
PHSC	Rhythmic Gymnastics 3.30pm – 5.00pm	7, 8, 9, 10 Volleyball 3:30pm – 5:00pm	Open & Senior Volleyball 3:30pm – 5:30pm	7,8, 9, 10 Volleyball 3:30pm – 5:00pm	Club Netball 3:15pm – 4:45pm	
	Ergos – Year 9 & 10 3:30pm – 5:00pm					
Drama Room		Dance 3:30pm – 5:00pm				
Windsor Park	QG Netball Year 7 & 8 3:30pm – 5:00pm	QG Netball Year 8 & 9 3:30pm – 5:00pm	QG Netball Year 7 & 9 3:30pm – 5:00pm	QG Netball Year 10 & Senior 3:30pm – 5:00pm		
	Athletics 3:30pm - 5:00pm		Athletics 3:30pm – 5:00pm		Hockey 3:30pm – 5:00pm	
Tennis Courts		Junior Tennis 3:30pm – 5:30pm			Club Netball 3:15pm – 4:45pm	
Boat Shed	Year 8 Rowing 3:30pm – 5:45pm		Year 8 Rowing 3:30pm – 5:45pm			
Undercroft	1 <sup>st</sup> VIII Squad - Land training 3:30pm – 5:00pm	Strength and Conditioning 3:45pm – 4:45pm	1 <sup>st</sup> VIII Squad, Year 10 Land training 3:30pm – 5:00pm			

**Schedule for commencement 4 June 2018**

**Updated 30-05-2018**