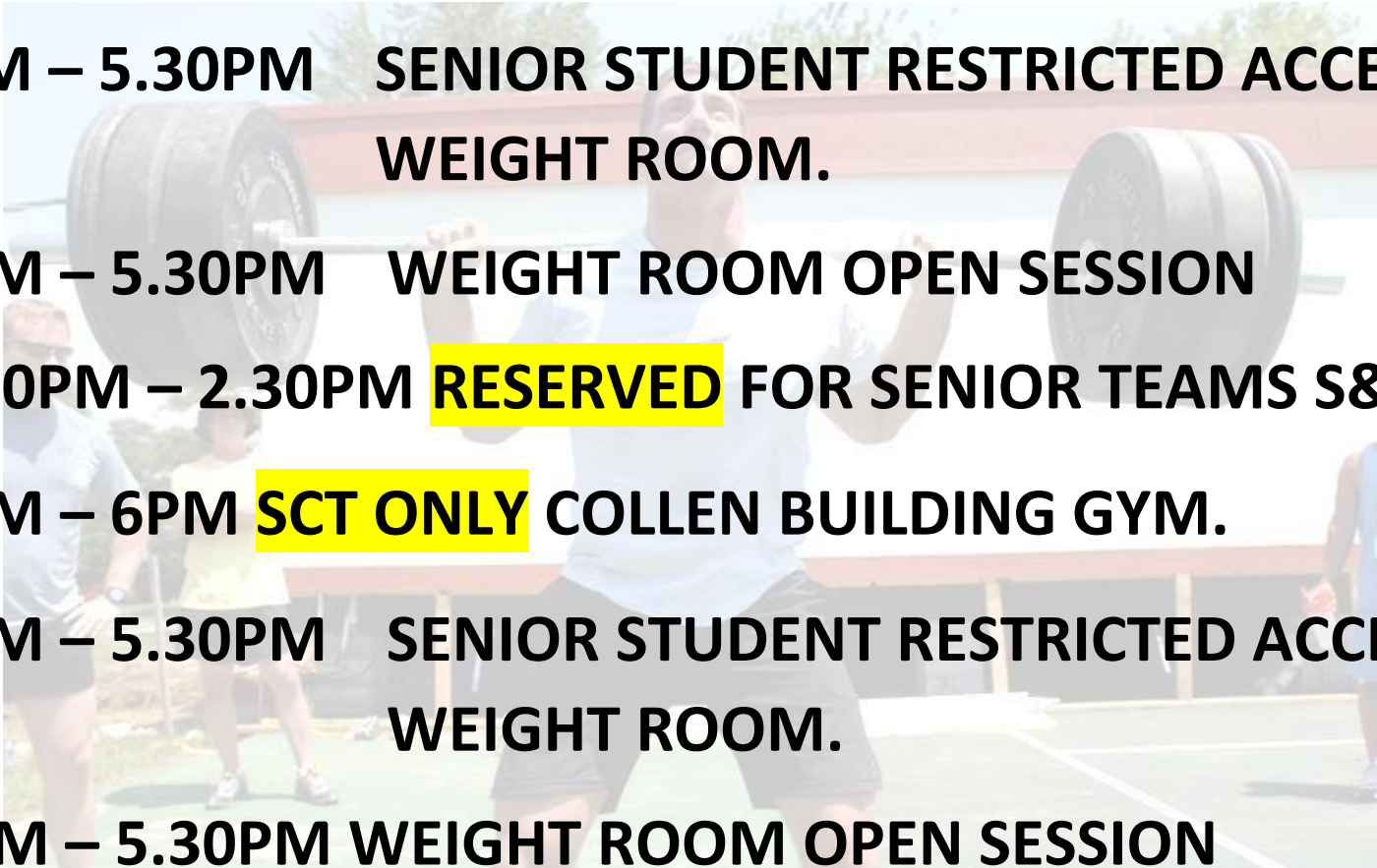


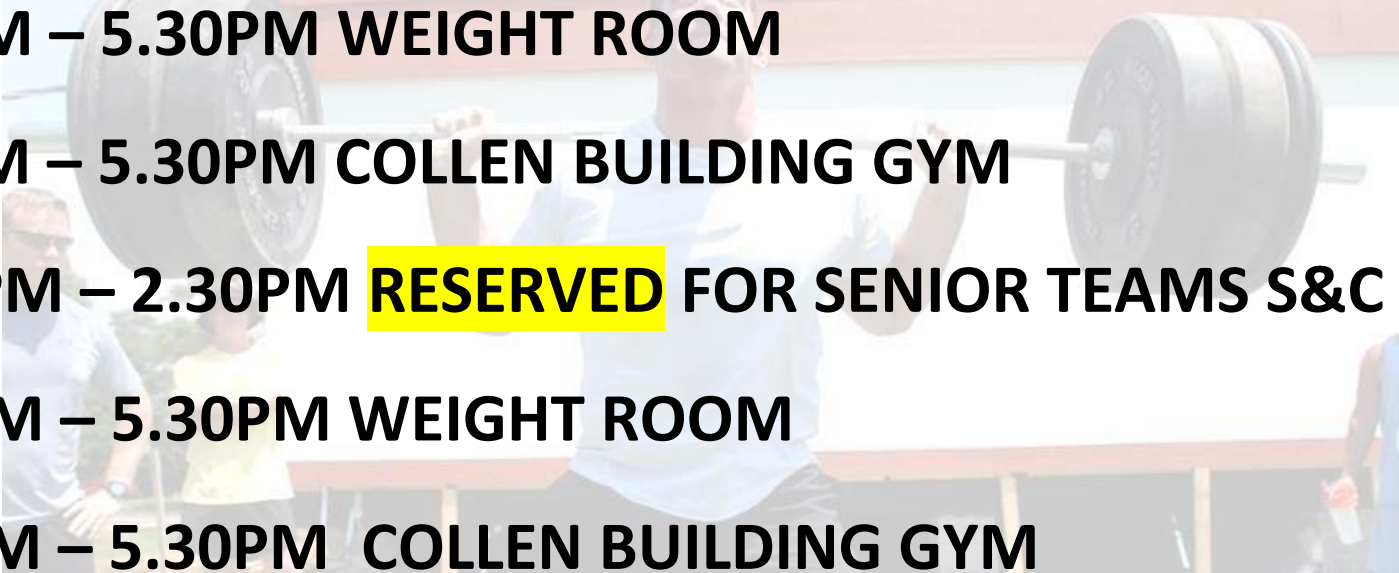
STRENGTH & CONDITIONING 2018-2019

BOYS TIMES

- 
- MON** 4PM – 6PM **SCT ONLY** COLLEN BUILDING GYM
- 4PM – 5.30PM SENIOR STUDENT RESTRICTED ACCESS TO WEIGHT ROOM.
- TUES** 4PM – 5.30PM WEIGHT ROOM OPEN SESSION
- WED** 1.30PM – 2.30PM **RESERVED** FOR SENIOR TEAMS S&C SESSION.
- THUR** 4PM – 6PM **SCT ONLY** COLLEN BUILDING GYM.
- 4PM – 5.30PM SENIOR STUDENT RESTRICTED ACCESS TO WEIGHT ROOM.
- FRI** 4PM – 5.30PM WEIGHT ROOM OPEN SESSION

STRENGTH & CONDITIONING 2018-2019

GIRLS TIMES

- 
- MON 4PM – 5.30PM WEIGHT ROOM**
- TUES 4PM – 5.30PM COLLEN BUILDING GYM**
- WED 1.30PM – 2.30PM RESERVED FOR SENIOR TEAMS S&C SESSION.**
- THURS 4PM – 5.30PM WEIGHT ROOM**
- FRI 4PM – 5.30PM COLLEN BUILDING GYM**