

Strength & Conditioning In-Season Schedule
Starting week beginning 28th August 2023
Open to all SAC sports team athletes

Venue	Monday	Tuesday	Wednesday	Thursday	Friday
Collen Gym 7.15am- 8.15am	6th years	5th years	TY	5th years	6th years
Collen Gym 4pm-5.15pm	3rd years	3rd years		TY	3rd years