

EXTRA – CURRICULAR TIMETABLE 2016/17

Monday	Tuesday	Wednesday	Thursday	Friday
U14 – Rugby (4.00 – 5.15)	Kayaking (4.00 -5.30pm)	U14 – Rugby (4.00 – 5.15)	Kayaking – (4.00 – 5.30)	Soccer - (3.10 -4.20)
SCT – Strength & Conditioning (4.00 – 5.15)	SCT – Pitch Session (4.00 – 5.15)	U15 &U16 Hockey (4.00 – 5.15)	SCT – Pitch Session (4.00 – 5.15)	Basketball (3.10- 4.20)
U15 & U16 – Hockey (4.00 – 5.15)	Senior – Hockey – Astro Pitch (4.00 – 5.15)	JCT – Rugby (4.00 – 5.15)	Senior/U16 – Hockey – Strength & Conditioning (4.00 – 5.15)	
JCT – Rugby (4.00 – 5.15)	First Year – Hockey – Astro Pitch (4.00 – 5.15)	Public Speaking/ Debating (4.00 – 5.15)	First Year – Hockey – Astro Pitch (4.00 – 5.15)	
	Art & Crafts (4.00 – 5.15)	Basketball (4.00 – 5.15)		
	Athletics (4.00 -5.15pm)	Athletics (4.00 - 5.15pm)		