

7X

WEEK BEGINNING	WK	Wk 1 - Thurs 4 (8W)			Wk 1 - Fri 3 (11W)			Wk 2 - Tues 5 (8E)			Wk 2 - Fri 4 (9W)		
WEEK BEGINNING		Set 1 KM (MS)	Set 2 SC (F)	Set 3 KG (XC)	Set 1 KG (D)	Set 2 DS (T)	Set 3 JE (S)	Set 1 KG (F)	Set 2 DK (R.)	Set 3 KM (H)	Set 1 KG (NB)	Set 2 DS (HB)	Set 3 JE (S)
Wed 4th Sept (1) FT	1	Fitness/Ass			Fitness/Ass								
9th Sept	2							Fitness/Ass			Fitness/Ass		
16th Sept	1	Football	X-Country	Multi Sports	Dance (H)	Theo rm 1	Swim						
23th Sept	2							Rugby	Hockey	Fitness	Swim	Handball	Netball
30th Sept	1	Football	X-Country	Multi Sports	Dance	Theory	Swim				JE		
7th Oct	2							Rugby	Hockey	Fitness	Swim	Handball	Netball
14th Oct EO 1/2 T	1	Football	X-Country	Multi Sports	Dance	Theory	Swim						
28th Oct	2							Rugby	Hockey	Fitness	Swim	Handball	Netball
4th Nov	1	Football	X-Country	Multi Sports	Dance	Theory	Swim						
11th Nov	2							Rugby	Hockey	Fitness	Swim	Handball	Netball
18th Nov	1	Football	X-Country	Multi Sports	Dance	Theory	Swim						
25th Nov	2							Rugby	Hockey	Fitness	Swim	Handball	Netball
2nd Dec	1	Football	X-Country	Multi Sports	Dance	Theory	Swim						
9th Dec	2							Rugby	Hockey	Fitness	Swim	Handball	Netball
16th Dec EOT	1	Multi Sports	Football	X-Country	Theory	Swim	Dance						
7th Jan FT	2							Fitness	Rugby	Hockey	Netball	Swim	Handball
13th Jan	1	Multi Sports	Football	X-Country	Theory	Swim	Dance						
20st Jan	2							Fitness	Rugby	Hockey	Netball	Swim	Handball
27th Jan	1	Multi Sports	Football	X-Country	Theory	Swim	Dance						
3th Feb	2							Fitness	Rugby	Hockey MS	Netball	Swim	Handball
10th Feb EO 1/2 T	1	Multi Sports	Football	X-Country	Theory	Swim	Dance						
24th Feb	2							Fitness	Rugby	Hockey MS	Netball	Swim	Handball
2th March	1	Multi Sports	Football	X-Country	Theory	Swim	Dance						
9th March	2							Fitness	Rugby	Hockey MS	Netball	Swim	Handball
16th March	1	Multi Sports	Football	X-Country	Theory	Swim	Dance						
23rd March	2							Hockey	Fitness	Rugby	Handball	Netball	Swim
30th March EOT	1	X-Country	Multi Sports	Football	Swim	Dance	Theory						JE
20th April FT	2							Hockey	Fitness	Rugby	Handball	Netball	Swim
27th May	1	X-Country	Multi Sports	Football	Swim	Dance	Theory						
Tues 5th May	2							Hockey	Fitness	Rugby	Handball	Netball	Swim
11th May	1	X-Country	Multi Sports	Football	Swim	Dance	Theory						
18th May EO 1/2	2							Hockey	Fitness	Rugby	Handball	Netball	Swim
1st June	1	X-Country	Multi Sports	Football	Swim	Dance	Theory						
8th June	2							Hockey	Fitness	Rugby	Handball	Netball	Swim
15th June	1	X-Country	Multi Sports	Football	Swim	Dance	Theory						