



Joeys strength and conditioning programme: Summer Break - Monday April 11th to Friday April 22nd.

Week 1: 11th – 17th April:

Monday: 10:00 – 12:00pm.

Wednesday: 10:00 – 12:00pm.

Friday: 10:00 – 12:00pm.

Week 2: 18th – 24th April:

Monday: 10:00 – 12:00pm.

Wednesday: 10:00 – 12:00pm.

Friday: 10:00 – 12:00pm.

The sessions will take place both on College C (10:00 – 10:45am) and in the Healy Centre (11:00 – 12:00pm) each day. You are welcome to attend both or either sessions. **Please bring appropriate clothing, footwear, towel and water bottle.**