



Joeys strength and conditioning programme: Winter - Monday June 27th to Friday July 15th.

Week 1: 27th June – 1st July:

Monday: 10:00 – 12:00pm.

Wednesday: 10:00 – 12:00pm.

Friday: 10:00 – 12:00pm.

Week 2: 4th – 8th July:

Monday: 10:00 – 12:00pm.

Wednesday: 10:00 – 12:00pm.

Friday: 10:00 – 12:00pm.

Week 3: 11th – 15th July:

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.

