



Joeys strength and conditioning programme: Summer Break Monday Dec 11th to Friday Jan 26th – For all boys at the college

Week 1: 11th – 17th Dec:

Monday: 10:00 – 12:00pm.

Wednesday: 10:00 – 12:00pm.

Friday: 10:00 – 12:00pm.

Week 2: 18th – 24th December:

Shut Down – NO SESSIONS

Week 3: 25th – 31st December:

Christmas Break – NO SESSIONS

Week 4: 1st – 7th Jan

New Year's Break – NO SESSIONS

Week 5: 8th – 14th January

Monday: 10:00 – 12:00pm.

Wednesday: 10:00 – 12:00pm.

Friday: 10:00 – 12:00pm.

Week 6: 15th – 21st January

Monday: 10:00 – 12:00pm.

Wednesday: 10:00 – 12:00pm.

Friday: 10:00 – 12:00pm.

Week 7: 22nd – 26th January

Monday: 10:00 – 12:00pm.

Wednesday: 10:00 – 12:00pm.

Friday: 10:00 – 12:00pm.

10.00am – 10.45am – COLLEGE C

11.00am – 12.00pm – HEALY CENTRE

THIS HOLIDAY TRAINING SCHEDULE IS OPEN TO ALL BOYS AT THE COLLEGE FROM YEAR 7-12. YOU CAN COME TO EITHER OR BOTH SESSIONS (COLLEGE C AND HEALY CENTRE). PLEASE BRING WATER, A TOWEL AND APPROPRIATE FOOTWEAR FOR EACH SESSION.