



Joeys strength and conditioning programme: Term 2 break - Monday 1st July to Friday 19th July.

Week 1: 1st to 5th July:

Mon: 9:00 – 11:00am

Wed: 9:00 – 11:00am.

Friday: 9:00 – 11:00am.

Week 2: 8th – 12th July

Mon: 9:00 – 11:00am.

Wed: 9:00 – 11:00am.

Friday: 9:00 – 11:00am

Week 3: 15th – 19th July

Wed: 9:00 – 11:00am.

Fri: 9:00 – 11:00am

Friday: 9:00 – 11:00am

The sessions will take place both on College C (9:00 – 9:45am) and in the Healy Centre (10:00 – 11:00am) each day. You are welcome to attend both or either sessions. **Please bring appropriate clothing, footwear, towel and water bottle.**