



## Timetable 2023

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am	SPC S&C	SPC S&C SPC ADP	RF Conditioning	SPC S&C SPC ADP	SPC S&C	
8:00am						RF Conditioning
9:30am		SPC S&C			SPC S&C	RF Club Weightlifting (90mins)
10:30am		SPC S&C			SPC S&C	
5:30pm	SPC ADP	SPC S&C RF Club Power-lifting (90 mins)	SPC ADP	SPC S&C	SPC S&C	
6:30pm	SPC S&C	SPC S&C	RF Conditioning	SPC S&C		