

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Womens S&C 6.00AM Johanna		Womens S&C 6.00AM Alistair		
	Athlete Development Program 6.00AM Ben		Athlete Development Program 6.00AM Ben		RF Conditioning - Class 8.00AM Bill
	Womens S&C 9.30AM Ben			Womens S&C 9.30AM Joe	
	Womens S&C 11.00AM Ben			Womens S&C 9.30AM Joe	
Strength Group 4.30PM Joe		Strength Group 4.30PM Joe			
Athlete Development Program 5.30PM Ben	General S&C 5.30PM Ben	Athlete Development Program 5.30PM Ben	General S&C 5.30PM Ben		
Womens S&C 6.00PM Alistair		RF Conditioning - Class 6.30PM Bill	Womens S&C 6.30PM Alistair		