



# EXTRA-CURRICULAR TIMETABLE

## SPRING TERM 2023

BEFORE SCHOOL 7:50-8.30AM

LUNCH TIME 12.50-1.30PM

AFTER SCHOOL 5PM FINISH

	BEFORE SCHOOL 7:50-8.30AM	LUNCH TIME 12.50-1.30PM	AFTER SCHOOL 5PM FINISH
MONDAY	<p>7 Football Field MF 8 Football Field SRG 9 Basketball S.H. JES</p>	<p>7 Rugby Field HM 9 Football Squad Field PRS 10/11 Basketball S.H. SRG Girls Fitness Gym JHW/RSS All Yrs Cross Country Field MF</p>	<p>7 Rugby Field HM/PRS 8 Rugby Field JES Hurdles Selected Athletes when S.H. available MF</p>
TUESDAY	<p>7 Basketball S.H. PRS/MF All Years Rugby Skills session Gym HM</p>	<p>7 Football Field MF/SRG 9 Football Open Field PRS 9 Basketball S.H. JES 10/11 Rugby Field HM</p>	<p>10 Basketball S.H. SRG Cross-Country Squad MF</p>
WEDNESDAY	<p>10/11 Basketball S.H. SRG/JES</p>	<p>7 Basketball S.H. PRS 8 Rugby Field JES/HM 9-13 Boxercise Gym SLD 11 Football Field MF</p>	<p>8 Basketball S.H. PRS/HM</p>
THURSDAY	<p>Open Basketball S.H. JES/SRG/HM</p>	<p>7 Rugby Field HM 8 Basketball S.H. PRS 9 Rugby Field SRG/MF 10-13 Fitness Gym GWB</p>	<p>9 Basketball S.H. JES</p>
FRIDAY	<p>8 Basketball S.H. PRS All Yrs Cross Country Field MF</p>	<p>7, 8, 9 or 10 Basketball Squad Session (age group decided weekly) S.H. PRS 8 Football Field SRG 10 Football Field JES 10-13 Fitness Gym SM</p>	<p>7 Basketball S.H. PRS/MF All Yrs Table Tennis Gym HM</p>