

SPORTS ACTIVITIES SEPT-MARCH

Activity	HOCKEY	BASKETBALL	ATHLETICS	GYM CLASSES	FITNESS CLASSES	GAELIC FOOTBALL/ ARCHERY
Day						
MON	Lunch Minor 2 and 3 4.15-5.50 All Senior teams	4.15-5.45pm 1st Years	CROSS-COUNTRY 4.15pm-5.15pm Open to all	4pm – 5pm Supervised gym With Strength and conditioning coach		
TUES	Lunch 1 ST year hockey group yellow 4.15-5.50 All Juniors and Minor 1		CROSS-COUNTRY Lunch (1 ST AND 2 ND YEARS)	4pm – 5pm Supervised gym	4.15-5.15 HIIT/Circuit Training	
WED	1.15 -2.45 All 1 st year players 1.30-3pm Senior A squad	1.20-2.30 2nd years 2.30-4.30 cadettes and Seniors		1.15-2.15 Supervised gym		
THURS	4.15-5.50 Junior 1 and 2 Senior 2, 3 and 4			4pm – 5pm Supervised gym	Lunch MMA class Open to all	GAA Lunch 1 ST AND 2 ND YRS
FRI	4.15-5.45 All Minor teams	4.15-6pm Senior A		4.15-5.15	4.15-5.15 Pilates for 6 th years in the concert hall	Lunch Archery open to all

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