

## ŌTC Strength & Conditioning Timetable 2023/Term 2

Day / Time	Monday	Tuesday	Wednesday	Thursday	Friday
AM 7:00-8:00	<b>Youth Sports Development</b> Basketball / Football / Hockey / Netball / Rugby				<b>Staff Only</b>  S&C Rooms 1 & 2
	<b>Strength &amp; Conditioning Rooms 1 &amp; 2</b>				
	Juniors	Seniors	Juniors	Seniors	
LUNCH 1:30 - 2:10	ŌTC Barbell Club Juniors	ŌTC Barbell Club Seniors	ŌTC Barbell Club Juniors	ŌTC Barbell Club Seniors	ŌTC Barbell Club Open Gym
	<b>Strength &amp; Conditioning Rooms 1 &amp; 2</b>				
PM 3:30 - 4:30	<b>Youth Sports Development</b> Basketball / Football / Hockey / Netball / Rugby				<b>Staff Only</b>  S&C Rooms 1 & 2
	<b>Strength &amp; Conditioning Rooms 1 &amp; 2</b>				
	Seniors	Juniors	Seniors	Juniors	
PM 5:00 - 6:00	<b>Staff Only</b>  <b>Strength &amp; Conditioning Rooms 1 &amp; 2</b>				