

15 Februarie -28 Februarie

Kondisionering

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
06:00 - 07:00	1st Team Group Gym			
14:20- 15:05	u/14 Gym u/15 Skills	1st Team Group Gym u/16 Skills	u/14 Gym u/15 Skills	u/16 Skills u/17 &u/19 Gym
15:10-16:00	u/14 Skills u/15 Gym	u/16 Gym u/17&u/19 Skills	u/14 Skills u/15 Gym	u/17&u/19 Skills 1st Team group Skills

Gym in die Aktiwiteitsentrum Skills op Baan 1&2

- * Spelers moet kom oefen indien hulle groep nie op die dag by die skool was nie.
- * Hulle sal gescan word in Aktiwiteitsentrum
- * Onthou eie water en handoekie asseblief.