



Day	Club	Year Groups	Staff	Venue	Changing Room	
<b>Monday</b>	Girls Elite Strength and Conditioning	<i>Invite Only</i>	HS (External) SSK (Register)	The Zone	Zone Changing Rooms	
	Activate	<i>Invite Only</i>	NS (External) SSH (Register)	Sports Hall	Sports Hall Changing Rooms	
<b>Tuesday</b>	Boys Athletics	<i>All Years</i>	R. Williams A. Marks A. Jenkin	A. Easterbrook	Playing Fields	Sports Hall Changing Rooms
	Girls Athletics	<i>All Years</i>	S. Scott-Hammond S. Skelton C. Razzell	J. Smith	Playing Fields	Sports Hall Changing Rooms
	Girls Fitness	<i>Yr 9/10</i>	S. Jamal S. Malcolm K. Nicholls	K. Bailey	The Zone	Zone Changing Rooms
<b>Wednesday</b>	Girls Elite Strength and Conditioning	<i>Invite Only</i>	HK (External) C. Bell (Register)	N. Keveth	The Zone	Zone Changing Rooms
	Boys 5 a side Football (3-4.15)	<i>Penrice Plus</i>	J. Scotland G. Parry K. Toms	P. Banfield J.Scotland	Astro	Sports Hall Changing Rooms
	Penrice Plus Girls Football	<i>Penrice Plus</i>	R. Wara R. Yeo		Playing Fields	Sports Hall Changing Rooms
	Couch to 5k/Cross Country	<i>Penrice Plus</i>	S. Ashby J. Dale	K. Whelan	Playing Fields	Zone Changing Rooms
	Rounders	<i>Y9</i>	O. Olehile A. Newton V. Goodison-Powell		The Zone	Sports Hall Changing Rooms
<b>Thursday</b>	Boys Cricket	<i>All Years</i>	R. Williams A. Marks A. Jenkin	R. Jeffries A. Easterbrook	Playing Fields	Sports Hall Changing Rooms
	Girls Cricket	<i>All Years</i>	S. Scott-Hammond S. Skelton C. Razzell		Courts/Sports Hall	Sports Hall Changing Rooms
	Boys Gym (3-4.15)	<i>Penrice Plus</i> <i>Y9/10</i>	M. Sullivan A. Sutcliffe (T. Golding)		The Zone	Zone Changing Rooms
	Girls Volleyball	<i>Y9/10</i>	D.Palmer J. Hole	P. Johnson	Courts/Sports Hall	Sports Hall Changing Rooms
<b>Friday</b>	Activate 2	<i>Invite Only</i>	NS (External) SSK (Register)		Playing Fields	Sports Hall Changing Rooms
	Athletics Training	<i>Invite Only</i>	R. Williams A. Marks A. Jenkin S. Scott- Hammond	C. Razzell S. Skelton	Sports Hall	Sports Hall Changing Rooms
	Girls Rounders	<i>All Years</i>	H. Rice J. Smith	J. Nicholas J. Cox	Playing Fields	Sports Hall Changing Rooms