

	19th	20th	21st	22nd	23rd	24th	25th
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6AM			Gym				
			Closed				
7AM			Strength				
			Esher				
8AM			Strength	Gym			
			Esher	Closed		Gym	
9AM		Gym		Olympic	Gym	Closed	
		Closed		Lifting	Closed	Squad	
10AM	Gym	Esher		Work Shop	Esher	Training	
	Closed	Prehab		Olympic	Strength	Squad	
11AM	Esher	Esher		Esher	Esher	Training	
	Strength	Prehab		Prehab	Strength	Gym	
12PM	Esher			Esher	Esher	Closed	
	Strength			Prehab	Strength		
1PM	Gym	Gym	Gym	Gym	Gym		
	Closed	Closed	Closed	Closed	Closed		
2PM							
3PM							
4PM							
5PM							
	Gym*	Gym*		Gym*			
6PM	Open*	Open*		Open*			
7PM	Squad	Squad		Squad			
	Training	Training		Training			
8PM	Squad	Squad		Squad			
	Training	Training		Training			

Gym* **Gym Open** to train before training Athlete must have and be following an approved session

Open* **1hr Esher Strength** session under supervision, Athlete required to **book** at least the day before as space will be limited

Esher **1hr Esher Prehab** session under supervision, Athlete required to **book** at least the day before as space will be limited

Strength **1 hr Olympic Lifting Work Shop**, Athlete required to **book** at least the day before as space will be limited

Esher **1st Team Squad Training**

Pehab

Olympic

Lifting

Squad

Training

Reminder: **Instant Cash Fine** for boots in the gym leading to ban **

No Olympic Shoes no Gym use unless for Prehab /Medical reasons

Use water bottles not glasses

Instant Cash Fine taking bags and kit into the gym**

Instant Cash Fine for not respecting the gym leading to ban**

**** All fines will be reinvested into the gym**