



Sessions

MOSSBOURNE COMMUNITY ACADEMY												
	Mon AM	Mon PM	Tue AM	Tue PM	Wed AM	Wed PM	Thurs AM	Thurs PM	Fri AM	Fri PM	Sun	Sun
Yr 7				Lunch - Ergo		Lunch Ergo						
Yr 8												
Yr 9	Row P3+4/Lunch	Squad Circuit				Girls Ergo		Boys Ergo			Girls 12:00-14:00	Boys 7:30-9:30
Yr 10		Squad Circuit	Row 6:00-P1		Boys Weights	Girls Ergo	Girls Weights	Boys Ergo			Girls 14:30-16:30	Boys 10:00-12:00
Yr 11		Squad Circuit		After School Boys and Girls Ergo	Boys Weights	Row After School	Girls Weights		Row 6:00-P1	Weights	Girls 12:00-16:30	Boys 7:30-12:00
Yr 12 + 13		Squad Circuit		After School Boys and Girls Ergo		Row Enrichment/After School			Row 6:00-P1	Weights	Girls 12:00-16:30	Boys 7:30-12:00

MOSSBOURNE VICTORIA PARK												
	Mon AM	Mon PM	Tue AM	Tue PM	Wed AM	Wed PM	Thurs AM	Thurs PM	Fri AM	Fri PM	Sun	Sun
Yr 7				Lunch Ergo		Lunch - Ergo						
Yr 8						Lunch - Ergo						
Yr 9		Squad Circuit		After School Boys Ergo	Row 6:00-P2	Row P5+6/After School		After School Girls Ergo			Girls 12:00-14:00	Boys 10:00-12:00
Yr 10	Row 6:00-P1	Squad Circuit		After School Boys Ergo			Weights	After School Girls Ergo			Girls 14:30-16:30	Boys 7:30-12:00
Yr 11		Squad Circuit		After School Ergo		Row after School		Weights P4/Lunch	Row 06:00		Girls 12:00-16:30	Boys 7:30-12:00