

# SPA Timetable Term 4 2024

## Tuesday

Time	SPA Programme	Dates	Location	Year Level	Coach	Additional Notes
7.00am - 8.00am	SPA Blue	Tues 7th Oct - Thurs 2nd Dec	Fitness Centre	All	Athelete Development AUT Millennium	Twice a week Term 1 - Term 4 on Tuesday and Thursdays
3.30pm - 5.00pm	Basketball	Tues 7th Oct - Tues 2nd Dec	Gym2 / Fitness Centre	Y9 and Y10	Mike Robinson Director of Basketball	This programme runs fortnightly Term 1 - Term 4 on Tuesdays
3.30pm - 5.00pm	Rugby	Tues 7th Oct - Tues 2nd Dec	Field 2B / Fitness Centre	Y9 and Y10	Kaine Robertson Director of Rugby	Twice a week in term 1 and term on Tuesday and Fridays. Once a week in term2 and 3 on Fridays

## Thursday

Time	SPA Programme	Dates	Location	Year Level	Coach	Additional Notes
7.00am - 8.00am	SPA Blue	Tues 7th Oct - Tues 2nd Dec	Fitness Centre	All	Athelete Development AUT Millennium	Twice a week Term 1 - Term 4 on Tuesday and Thursdays

## Friday

Time	SPA Programme	Dates	Location	Year Level	Coach	Additional Notes
3.30pm - 5.00pm	Rugby	Tues 7th Oct - Tues 2nd Dec	Field 2B / Fitness Centre	Y9 and Y10	Kaine Robertson Director of Rugby	Twice a week in term 1 and term on Tuesday and Fridays. Once a week in term2 and 3 on Fridays