



PAUL ROOS
GIMNASIUM – GYMNASIUM

**RUGBY PRE-SEASON TRAINING:
TERM 4 (10 NOV-2 DEC 2021)**

RUDOLPH
Premium Sport Sponsor

Exam Rugby training / conditioning				
November (Time:12:00-13:00)				
Date	Day	Age group (2022)	Place	Activity
10-Nov	Wed	U/15	Indoor astro + Indoor gym	Rugby & Gym
11-Nov	Thu	U/19	Indoor astro	Rugby
		U/16	Indoor gym	Gym
15-Nov	Mon	U/19	Indoor astro	Rugby & Conditioning
		U/15	Veld	Rugby
16-Nov	Tue	U/19	Indoor astro	Rugby & Conditioning
17-Nov	Wed	U/16	Indoor astro + Indoor gym	Gym & skills
		U/15		
22-Nov	Mon	U/19	Indoor astro	Conditioning
		U/16	Indoor astro + Indoor gym	Gym & skills
		U/15		
23-Nov	Tue	U/16	Indoor astro + Indoor gym	Rugby & Gym
24-Nov	Wed	U/19	Indoor astro	Rugby
		U/16	Indoor gym	Gym
25-Nov	Thu	U/15	Indoor astro + Indoor gym	Rugby & Gym
26-Nov	Fri	U/19	Markötter	Veld
29-Nov	Mon	U/16	Indoor astro + Indoor gym	Gym & skills
		U/15		
30-Nov	Tue	U/19	Indoor astro	Rugby + conditioning
December				
01-Dec	Wed	U/19	Indoor astro	Rugby
		U/16	Indoor gym	Gym
02-Dec	Thu	U/15	Indoor astro	Rugby & Gym