



PAUL ROOS
GIMNASIUM | GYMNASIUM

PRG RUGBY – OEFENPROGRAM 1ST KWARTAAL 2023

Day	14's * (NB Starts 30 Jan)	15's	16's	19's
Responsible	R Le Roux & R Wolfaardt	C Grobler & E Pretorius	M Pretorius & R Wolfaardt	E Muth & E Pretorius
Monday	Field – 15h00 – 16h15 Gym – 16h20 – 17h00	Gym – 05h45 – 06h45 Field – 15h00 – 16h30	Field – 15h00 – 15h40 Gym – 15h40 – 16h20	Gym 15h00 – 15h45 Field 15h45 – 17h00
Tuesday			Field – 14h45 – 16h00	Gym 05h45 – 06h45 Field 14h45 – 16h30
Wednesday	Gym – 05h45 – 06h45 Field – 14h45 – 16h00	Gym – 14h45 – 15h30 Field – 15h45 – 17h00		
Thursday			Gym – 05h45 – 06h45 Field – 14h45 – 16h00	Gym – 14h45 – 15h30 Field – 15h45 – 17h00
Friday				
Saturday				Gym 07h00 – 8h00 Field 08h00 – 10h00

Contact * Elric Pretorius (Head S&C) epretorius@paulroos.co.za

Corne Uys (Head of Rugby) cuy@paulroos.co.za