

Provisional Sports Timetable 2014/2015

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning	Strength and Conditioning Senior A Hockey 8-8.40am		Senior Pilates – limited places 7.10-8.10am	Swimming – Trinity College –limited places 7.10-8.10am	Senior A Basketball Skills 8-8.40am	
Lunchtime 12.30- 1pm	1st Year Games 12.40-1pm	Soccer Senior Tag Rugby	Badminton	Gaelic Cross Country	Table tennis Camogie	Hockey Matches/ Training 8.30am-1pm
Afterschool						
-Sportshall	Gym club 3.30-5pm	Cadette Basketball 4.05-5pm	2nd Year Basketball 3.30-5pm	1st Year Basketball 4.05-5.30	Senior Basketball 3.30-4.30	Basketball Matches/ Training 9.30 onwards
-Astro	Junior Hockey fitness and skills 3.30-4.30	Minor A Hockey 4.15-5.15 Senior Running Club 4.10-5pm	Senior Hockey fitness and skills 3.30-4.30	Minor Hockey 4.10-5.50pm Session 1 - 4.10-5pm Session 2 - 4.10-5.50pm	1st year Hockey 3.30- 5.30pm Session 1 - 3.30-4.30 Session 2 - 4.30-5.30pm	
-YMCA	Senior Hockey Junior A Hockey 4pm-5.30pm		Junior Hockey Senior A Hockey 4pm – 5pm	Minor A Hockey Junior A Hockey 4.30-5.30pm		