

RGSAO Fitness Suite Extra-Curricular Timetable

The fitness suite can only be used by Year 10 and above under staff supervision and after you have been inducted. Ask PE staff for an induction.

Timetabled groups take priority. 6th form can train in study periods IF they can persuade a member of staff to supervise them.

	Monday	Tuesday	Wednesday	Thursday	Friday
7.30 – 8.30am	BDT / SJW	GCB	BDT / SJW	GWH	BDT / SJW
	Free RUGBY Floor RUGBY Mach RUGBY Ergos Row	Free Floor Mach Ergos Row	Free RUGBY Floor RUGBY Mach RUGBY Ergos Row	Free Floor Mach Ergos Row	Free Floor Mach Ergos Row
1.10 – 1.40pm	BDT	AFF	JDM	BDT	AFF
	Free RUGBY Floor RUGBY Mach RUGBY Ergos Row	Free Snr ROWING Floor Mach Ergos Row Snr ROWING	Free Floor Mach Ergos Row J14 ROWING	Free RUGBY Floor RUGBY Mach RUGBY Ergos Row ROWING	Free Floor Mach Ergos Row Snr ROWING
1.40 – 2.10pm	BDT	SJW	DPN	SJW	DPN
	Free RUGBY Floor RUGBY Mach RUGBY Ergos Row	Free Snr ROWING Floor Mach Ergos Row Snr ROWING	Free Floor Mach Ergos Row J14 ROWING	Free Floor Mach Ergos Row	Free Floor Mach Ergos Row Snr ROWING
3.45 – 5.00pm	GCB	CMD	JDM	MLW	MLW
	Free Floor Mach Ergos Row	Free Floor Mach Ergos Row	Free Floor Mach Ergos Row	Free Floor Mach Ergos Row	Free Floor Mach Ergos Row

5-6pm EVERY DAY – STAFF ONLY

Shaded – Girls only **Free** – Free weights **Floor** – Floor space **Mach** – Machines downstairs

Ergos – CV machines upstairs

Row – Rowing machines