

After-School Practices – September-December 2026 (2.55pm-4.30pm)

	Year 7	Year 8	Year 9	Year 10	Year 11
Monday	Mountain Biking Badminton Football	Mountain Biking Badminton	Mountain Biking Badminton	Mountain Biking Fitness Suite	Mountain Biking Fitness Suite
Tuesday	Fitness Suite Basketball Running Club Rugby	Fitness Suite Basketball Running Club	Fitness Suite Basketball Running Club	Basketball Running Club	Basketball Running Club
Wednesday	Fitness Suite	Fitness Suite Rugby	Fitness Suite Football	Fitness Suite Badminton Rugby	Fitness Suite Badminton Rugby
Thursday					Football
Friday	Rugby Fitness Suite	Football Fitness Suite	Rugby Fitness Suite	Fitness Suite	Fitness Suite