

SCOTS PGC College

Co-curricular Training/Rehearsal/Activities Programme

WEEK 2 SENIOR CO-CURRICULAR PROGRAMME						
TIME		Monday 22nd	Tuesday 23rd	Wednesday 24th	Thursday 25th	Friday 26th
Before School	See Activity times			Rock Band Rehearsal (7:30am - 8:30am) Chapel Hall	String Ensemble (7:40am - 8:30am) Kingsw ood	
		Gym/Strength Training (Session 1:6:30am - 8:00am)	Gym/Strength Training (Session 1:6:30am - 8:00am)	Gym/Strength Training (Session 1:6:30am - 8:00am)	Gym/Strength Training (Session 1:6:30am - 8:00am)	Gym/Strength Training (Session 1:6:30am - 8:00am)
					Senior Girls Netball Training (6:45am - 7:45am)	Piper Rehearsal (7:00am - 8:30am)
Lunch	12:50pm - 1:20pm					
After School	3:30pm - 5:00pm	Girls' Touch training	Boys Rugby / Girls 7s Training	Senior Choir	Boys Rugby / Girls 7s Training	
			Athletics Training	Yoga (3:30pm - 4:15pm)	Athletics Training	
			Tennis		Tennis	
WEEK 2 PRIMARY CO-CURRICULAR PROGRAMME						
TIME		Monday 22nd	Tuesday 23rd	Wednesday 24th	Thursday 25th	Friday 26th
Before School	6:00am - 7:30am			JAM Choir 8:00am - 8:30am	Sustainability Club (7:45am - 8:30am)	Piper Rehearsal (7:00am - 8:30am)
	7:00am - 8:00am				String Ensemble (7:40am - 8:30am) Kingsw ood	
Lunch	12:50pm - 1:20pm					
After School	3:15pm - 4:30pm		JAM Dance			
			Chess and Strategy Games			
			Athletics Training		Athletics Training	

