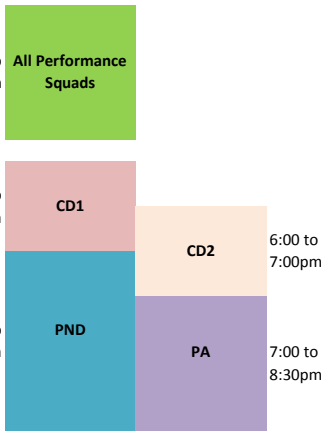


**Abingdon Pool**

**Land training  
(Abingdon School)**

**Radley Pool**

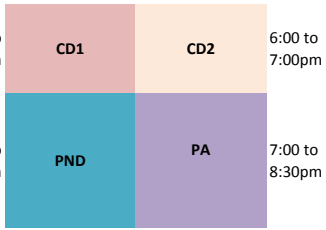
**Monday**



5:40 to 6:15pm Total body conditioning Studio



**Tuesday**

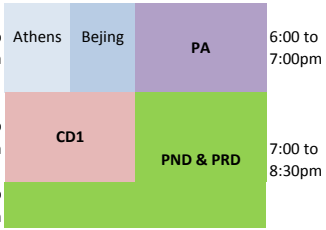


**Wednesday**

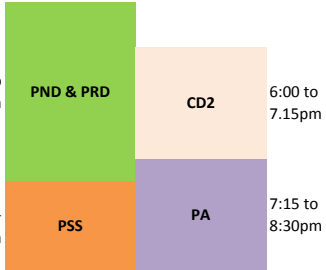


6:30 to 7:00pm Total body conditioning Sports Hall

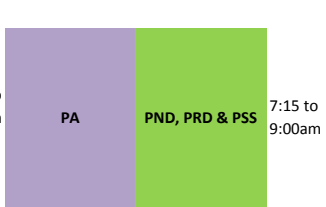
**Thursday**



**Friday**



**Saturday**



9:15 to 10:00am Yoga/Pilates/Stretch Sports Hall

