

PERFORMANCE SQUAD							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	6.15-7.00am YOGA Home Zoom		6.15-7.00am HITT Home Zoom		6.15-7.00am Mobility Home Zoom	9.30-10.30am S&C Zoom with Callum Henley	
PM	90mins Cardio Bike/Row/Spin/ Run	5.00-6.15pm S&C Home Zoom		5.00-6.15pm S&C/Education Home Zoom	90mins Cardio Bike/Row/Spin/ Run		

AGE-GROUP PERFORMANCE SQUAD							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	6.15-7.00am YOGA Home Zoom		6.15-7.00am HITT Home Zoom		6.15-7.00am Mobility Home Zoom	9.30-10.30am S&C Zoom with Callum Henley	
PM	60mins+ Cardio Bike/Row/Spin/ Run	6.30-7.30pm S&C Home Zoom		6.30-7.30pm S&C/Education Home Zoom	60mins+ Cardio Bike/Row/Spin/ Run		

JUNIOR PERFORMANCE SQUAD							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM		6.15-7.00am Mobility Home Zoom		6.15-7.00am Mobility Home Zoom		9.30-10.30am S&C Zoom with Callum Henley	
PM	6.15-7.15pm S&C Home Zoom		6.15-7.15pm S&C/Education Home Zoom		60mins+ Cardio Bike/Row/Spin/ Run		

DEVELOPMENT 1							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM						9.30-10.30am S&C Home Zoom	
	5.00-6.00pm		5.00-6.00pm		60mins+ Cardio		

PM	S&C Home Zoom		S&C/Education Home Zoom		Bike/Row/Spin/R un		
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DEVELOPMENT 2							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM						9.30-10.30am S&C Home Zoom	
PM	5.00-6.00pm S&C Home Zoom		5.00-6.00pm S&C/Education Home Zoom		60mins+ Cardio Bike/Row/Spin/R un		

COMPETITIVE PLUS SQUAD							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	6.15-7.00am YOGA Home Zoom		6.15-7.00am HITT Home Zoom		6.15-7.00am Mobility Home Zoom	9.30-10.30am S&C Zoom with Callum Henley	
PM	60mins+ Cardio Bike/Row/Spin/R un	6.30-7.30pm S&C Home Zoom		6.30-7.30pm S&C/Education Home Zoom	60mins+ Cardio Bike/Row/Spin/R un		

COMPETITIVE SQUAD							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM						9.30-10.30am S&C Zoom with Callum Henley	
PM	6.15-7.15pm S&C Home Zoom	60mins+ Cardio Bike/Row/Spin/R un	6.15-7.15pm S&C/Education Home Zoom		60mins+ Cardio Bike/Row/Spin/R un		

MASTERS & PARTICIPATION							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						9.30-10.30am S&C	

AM						S&C Zoom with Callum Henley	
PM	6.15-7.15pm S&C Home Zoom	60mins+ Cardio Bike/Row/Spin/R un	6.15-7.15pm S&C/Education Home Zoom			60mins+ Cardio Bike/Row/Spin/R un	

MINI 2 SQUAD							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM							
PM	5.00-6.00pm S&C Home Zoom		5.00-6.00pm S&C/Education Home Zoom		60mins+ Cardio Bike/Row/Spin/R un		

MINI 1 SQUAD							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM							
PM	5.00-6.00pm S&C Home Zoom		5.00-6.00pm S&C/Education Home Zoom		60mins+ Cardio Bike/Row/Spin/R un		

### KEY

	Work-outs to be done at home, led by the squad or S&C Coach on Zoom. Members must login in 2-5 minutes before the start of the session.
	Free time. Members are welcome to add in additional work-outs in or well earned rest
	Outdoor or indoor cardio work-outs done in your own time. <b>We would like members to register their efforts on the Strava app COPS Account.</b>

**STRAVA APP COPS ACCOUNT LINK:**

<https://www.strava.com/clubs/copsclub>