



Upper 90 Academy Training Timetable – Program Wide

	Monday	Tuesday	Wednesday	Thursday	Friday
Before School		Strength & Conditioning Session (Including Conditioning Games)	7/8 Boys Academy Futsal Training 7:30am – 8:30am		
Period 1					
Period 2					
1st Break					Lunchtime Games *Open to All
Period 3	Homeroom/Tactical Session (indoors) or outdoor session				
2nd Break					Lunchtime Games *Open to All
Period 4	Football Training Until 3:30pm				
After School		7-10 Girls Football Training 2:45pm-4:15pm		7-10 Girls Futsal Training 2:45pm – 4:00pm	
		9/10 Boys Futsal Training			

7/8 Online Academy (Girls & Boys) Training
7/8 Online Academy Boys Only Futsal Training
7-10 Online & Offline Academy Girls Only Training
9/10 Offline Academy Boys Training

*Note – Gym Attendance days are flexible and dependant on circumstance. Athletes may choose to attend an alternate day and have their work signed off by duty teacher.