

DAY/DATE/TIME	SESSION
Monday 7 th Feb 5.30-6.30pm	Strength & Conditioning Andrea
Thursday 17 th Feb 7.00-8.00pm	Let's talk Football Elites Coaches
Monday 21 st Feb 5.30-6.30pm	Strength & Conditioning Andrea
Thursday 24 th Feb 5.30-6.30pm	Skills session Josh