**2019/20 Physical and Health Education**

**FLEX Schedule**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Date** | **Big Gym** | **Small Gym** | **Weight Room** | **Fitness Loft** | **2133** | **1403** | **1104** | **2141** | **WEX** |
| (3)Sept 18th |  |  |  |  |  |  |  | WK |  |
| (4) Oct 2nd | Connolly | Withen | Serres |  |  |  |  | WK |  |
| (1) Oct 16th | MacG | Connolly | King | Serres |  |  | ZL |  | SW |
| (2) Oct 30th | Withen | MacG | Lund |  |  | DC | DM | WK |  |
| (3) Nov 13th | King  Mackenzie | Serres | MacG | Conn |  |  | ZL |  | SW |
| (4) Nov 27th | Lund | MacG | Withen |  | AS | DC | DM | WK |  |
| (2) Dec 11th | Withen | Lund |  |  | AS | DC | DM | WK |  |
| (1) Jan 15th | King  MacG | Mackenzie | Connolly | Serres |  |  |  |  | SW |
| Jan 29th | Lund | Withen | MacG |  | AS/  DC |  | DM | WK |  |
| Feb 12th | Withen | Lund | Serres |  |  | DC | DM | WK |  |
| Feb 26th | Mackenzie  MacG | King | Serres | Conn |  |  | ZL |  |  |
| March 11th | Lund | MacG | Withen |  | AS | DC | DM |  |  |
| April 1st | Mackenzie  Withen | Conn | MacG | Serres |  |  | ZL |  |  |
| April 15th | Serres  Conn | MacG | King | Mack |  |  | ZL |  | SW |
| April 29th | MacG  Withen | King | Serres | Conn |  |  | ZL |  |  |
| May 13th | Mackenzie  King | MacG | Conn | Serres |  |  | ZL |  |  |
| May 27th | King  Withen | Mackenzie | MacG | Serres | DC |  |  |  |  |
| June 10th | Mackenzie | Connolly | MacG | Withen | AS |  | ZL | WK |  |

Prep Recovery dates:

Connolly 🡪 Sept 18th and Dec 11th

King 🡪 Mar 11th and Apr 1st

Lund 🡪 Jan 15th and May 27th

MacG 🡪 Dec 11th and Feb 12th

Mackenzie 🡪 Oct 16th and Apr 29th

Serres 🡪 Oct 30th and Apr 15th

Withenshaw 🡪 Feb 26th and May 13th