**7s**

7s PRE SEASON 19-22 APRIL INC

**TUES 19 APRIL**

**9AM- 10AM S & C GYM**

**10am-11am SKILLS 3G1**

**6-7pm 7s RUGBY 3G1**

**530-6/7-730pm CLUBROOM AS REQUIRED**

**5pm -6pm PHYSIO**

**WED 20 APRIL**

**9AM- 10AM S & C GYM**

**10am-11am SKILLS 3G1**

**6-7pm 7s RUGBY 3G1**

**530-6/7-730pm CLUBROOM AS REQUIRED**

**530pm -630pm PHYSIO**

**THURS 21 APRIL**

**9AM- 10AM S & C GYM**

**10am-11am SKILLS 3G1**

**6-7pm 7s RUGBY 3G1**

**530-6/7-730pm CLUBROOM AS REQUIRED**

**530pm -630pm PHYSIO**

**FRI 22 APRIL -**

**9AM- 10AM S & C GYM**

**10am-11am TOUCH TOURNAMENT 3G1**

**5pm -6pm PHYSIO**

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**MON 25th APRIL**

**9AM- 10AM S & C GYM**

**10am-11am SKILLS 3G1**

**6-7pm 7s RUGBY 3G1**

**530-6/7-730pm CLUBROOM AS REQUIRED**

**5pm -6pm PHYSIO**

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**WED 27th APRIL 7s CHAMPIONSHIP CUP FINAL -LEEDS**

**TUES 2 MAY**

**9AM- 10AM S & C GYM**

**10am-11am SKILLS 3G1**

**6-7pm 7s RUGBY 3G1**

**530-6/7-730pm CLUBROOM AS REQUIRED**

**5pm -6pm PHYSIO**

**THURS 4th MAY**

**9AM- 10AM S & C GYM**

**10am-11am SKILLS 3G1**

**6-7pm 7s RUGBY 3G1**

**530-6/7-730pm CLUBROOM AS REQUIRED**

**5pm -6pm PHYSIO**

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**9AM- 10AM S & C GYM**

**10am-11am SKILLS 3G1**

**6-7pm 7s RUGBY 3G1**

**530-6/7-730pm CLUBROOM AS REQUIRED**

**5pm -6pm PHYSIO**

**WED 11th MAY 7s TROPHY CUP FINAL -LEEDS**