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| **Dates** | **Times** | **Venue** |
| Monday 9th August 2010 (Outdoor Court) | 4pm – 6pm | We will meet at a point and take you then the next days you can make your own way there.(We Will Meet) |
| Tuesday 10th August 2010(Strength and Conditioning)Tuesday 10th August 2010(Outdoor Court) | 10am – 12pm4pm – 6pm | [Uxbridge Athletics Track](http://www.fusion-lifestyle.com/centres/Hillingdon_Sport_and_Leisure_Complex)(UAT)(We Will Meet) |
| Wednesday 11th August 2010(Outdoor Court) | 4pm – 6pm | (We Will Meet) |
| Monday 16th August 2010(Outdoor Court) | 4pm – 6pm | (We Will Meet) |
| Tuesday 10th August 2010(Strength and Conditioning)Tuesday 17th August 2010(Outdoor Court) | 10am – 12pm4pm – 6pm | (UAT)(We Will Meet) |
| Wednesday 18th August 2010(Outdoor Court) | 4pm – 6pm  | (We Will Meet) |
| Monday 23rd August 2010(Outdoor Court) | 4pm – 6pm | (We Will Meet) |
| Tuesday 10th August 2010(Strength and Conditioning)Tuesday 24th August 2010(Outdoor Court) | 10am – 12pm4pm – 6pm | (UAT)(We Will Meet) |
| Wednesday 25th August 2010(Outdoor Court) | 4pm – 6pm | (We Will Meet) |

**Strength and Condition in August**

**ALL MUST ATTEND**

**Bring good trainers for outdoors training sessions**