



Week 1	Physical	H	20/11/1
Week 2	Physical	H	20/11/2
Week 3	Physical	H	20/11/3 & 5
Week 4	Physical	H	20/11/4
Week 5	Physical	H	20/11/5
Week 6	Physical	H	20/11/6
Week 7	Physical	H	20/11/7 & 1
Week 8	Physical	H	20/11/8 & 15
Week 9	Physical	H	20/11/9
Week 10	Physical	H	20/11/10
Week 11	Physical	H	20/11/11
Week 12	Physical	H	20/11/12

Week 1	Physical	F	20/11/1
Week 2	Physical	F	20/11/2
Week 3	Physical	F	20/11/3
Week 4	Physical	F	20/11/4
Week 5	Physical	F	20/11/5
Week 6	Physical	F	20/11/6
Week 7	Physical	F	20/11/7
Week 8	Physical	F	20/11/8
Week 9	Physical	F	20/11/9
Week 10	Physical	F	20/11/10
Week 11	Physical	F	20/11/11
Week 12	Physical	F	20/11/12
Week 13	Physical	F	20/11/13
Week 14	Physical	F	20/11/14
Week 15	Physical	F	20/11/15
Week 16	Physical	F	20/11/16
Week 17	Physical	F	20/11/17
Week 18	Physical	F	20/11/18
Week 19	Physical	F	20/11/19
Week 20	Physical	F	20/11/20
Week 21	Physical	F	20/11/21
Week 22	Physical	F	20/11/22
Week 23	Physical	F	20/11/23
Week 24	Physical	F	20/11/24
Week 25	Physical	F	20/11/25
Week 26	Physical	F	20/11/26
Week 27	Physical	F	20/11/27
Week 28	Physical	F	20/11/28
Week 29	Physical	F	20/11/29
Week 30	Physical	F	20/11/30
Week 31	Physical	F	20/11/31