

## NIHS Out of Hours Sport Trainings – Term 1, 2024

LOCATION/TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b><u>GYM</u></b> (8:30 - 9:30am)			<b><u>Boys Volleyball</u></b>		
<b><u>GYM</u></b> (3:30 – 4:30pm)	<b><u>Middle Badminton</u></b>	<b><u>Middle Girls Volleyball</u></b>	<b><u>Senior Girls Volleyball</u></b>	<b><u>Senior Badminton</u></b>	<b>Boys Volleyball Matches</b>
<b><u>OVAL</u></b> (3:30 – 4:30pm)		<b><u>Cricket</u></b>			
<b><u>OUTDOOR COURTS</u></b> (3:30 – 4:30pm)		<b><u>Basketball</u></b>		<b><u>Tennis</u></b>	