

# RECON TIMETABLE

2023/2024 | MELBOURNE METRO

PHASE ONE: OCT-DEC

	ELITE	ROOKIES	LITTLE GIANTS	MINI GIANTS	ADD ON
WEST	MON   5:30PM STRENGTH ▲	MON   5:30PM STRENGTH ▲			
	WED   5:30PM IRON FIT ○	WED   5:30PM IRON FIT ○	WED   4:45PM IRON FIT ○	WED   4:45PM IRON FIT ○	
	FRI   5:00PM ★ IAM MENTORING	FRI   5:00PM ★ IAM MENTORING			
	SAT   8:00AM RECON ■	SAT   8:00AM RECON ■	SAT   9:15AM RECON ■	SAT   9:15AM RECON ■	SAT   9:00AM RUGBY SKILZ ■ (Specialist program)
NORTH	ELITE	ROOKIES	LITTLE GIANTS	MINI GIANTS	ADD ON
	FRI   5:00PM ★ IAM MENTORING	FRI   5:00PM ★ IAM MENTORING			
	SAT   8:00AM RECON ▲	SAT   8:00AM RECON ▲	N/A	N/A	N/A
EAST/ SOUTH	ELITE	ROOKIES	LITTLE GIANTS	MINI GIANTS	ADD ON
	WED   5:30PM STRENGTH ▲	WED   5:30PM STRENGTH ▲			
	FRI   5:00PM ★ IAM MENTORING	FRI   5:00PM ★ IAM MENTORING	N/A	N/A	N/A
	SAT   8:00AM RECON ■	SAT   8:00AM RECON ■			
EAST	ELITE	ROOKIES	LITTLE GIANTS	MINI GIANTS	ADD ON
	TBC	TBC	N/A	N/A	N/A

\*Timetable is subject to change

## LOCATION KEYS

- FIELD 1 - TRUGANINA  
To Be Confirmed
- FIELD - BOX HILL RUFC  
RHL SPARKS RESERVE
- ▲ GYM - IRON PLAYGROUND  
65/65/67 Hallam S Rd,  
Hallam
- BEACH - ALTONA  
103 Esplanade
- BEACH - MORDIALLOC  
Peter Scullin Reservation
- ▲ GYM - PRO PHYSIO+  
6/387 Old Geelong Rd,  
Hoppers Crossing
- ▲ GYM - OPTIMAL CARE  
583 Keilor Rd, Niddrie
- ★ ZOOM / ONLINE  
See Access Codes