

MCS Fitness-Suite Opening Times

The fitness-suite is available to all boys in the current lower fourth and above. We encourage all sportsmen to use it. It is crucial that rugby players work hard at their personal fitness during the holiday to improve their performance and reduce the risk of injury.

To this end the MCS fitness-suite will be open 10.00 – 11.00 am every Tuesday and Thursday throughout the summer holiday, staffed by MCS sports hall manager and personal trainer, Simon Ellis. Boys may simply turn up unannounced for these sessions, but should sign in at the fitness-suite.

MP 28.6.10