

IRON ARMOUR ACADEMY

ARMOUR UP SCHEDULE

MELBOURNE WEST TRUGANINA

WEDNESDAY	TIME	GROUP	DETAILS
IRON GIANT	4:45PM	LG	Dynamic session - combination of fitness, coordination, agility and ball skills
IRON CON	5:30PM	RK + EL	Fitness, agility, speed, strength training, and injury prevention strategies.
IRON RUGBY	6:30PM	RK + EL	Both Rugby Codes: Decision-making, and technical skills. Passing accuracy, defensive alignment, and tactical kicking

MELBOURNE SOUTH HALLUM

MONDAY	TIME	GROUP	DETAILS
IRON STRENGTH	5:30 PM	RK + EL	GYM SESSION: Age-appropriate exercises, technique, stability, and functional strength.

GROUP MENTORING - ZOOM

FRIDAY	TIME	GROUP	DETAILS
FAITH UP	5:00 PM	RK + EL	Faith focused
I AM	5:30 PM	RK + EL	Mindset focused

LG: Little Giants: Age 8-10 | RK: Rookies: Age 11-14 | EL: Elite: Age 15-19+

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