

# **ANCHOR BAY HIGH RUGBY 2026 PRESEASON WORKOUTS**

## **WHERE?**

**THE SPORTS ACADEMY  
30845 23 MILE RD  
CHESTERFIELD, MI 48047**

## **WHEN?**

**MONDAYS FROM 2:45 - 4:00PM  
STARTING JANUARY 12TH**

## **COST PER SESSION?**

**\$10**



## **QUESTIONS?**

**EMAIL [ABHRUGBY@OUTLOOK.COM](mailto:ABHRUGBY@OUTLOOK.COM)**