

Squad Training Timetable

Term 4 and 1 2011/2012

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	Mini 7:45-8:30	Mini 7:45-8:30	NO TRAINING	Mini 7:45-8:30	Mini 7:45-8:30	Mini 7:00-7:45
	Junior 7:30-8:30	Junior 7:30-8:30		Junior 7:30-8:30	Junior 7:30-8:30	Junior 7:00-8:00
	Senior 6:00-8:00 30 min dry land included	Senior 6:00-8:00 30 min dry land included		Senior 6:00-8:00 30 min dry land included	Senior 6:00-8:00 30 min dry land included	Senior 7:00-9:00
PM	Mini 3:15-4:00	Mini 3:15-4:00	Mini 3:15-4:00	Mini 3:15-4:00	Mini 3:15-4:00	NO TRAINING
	Junior 4:00-5:00	Junior 4:00-5:00	Junior 4:00-5:00	Junior 4:00-5:00	Junior 3.15-4.15	
	Senior 5:00-6:45 15 min dry land included	Senior 5:00-6:45 15 min dry land included	Senior 5:00-6:45 15 min dry land included	Senior 5:00-6:45 15 min dry land included	Senior 3:15-5:15	
	Adults 6:45 – 7:45		Adults 6:45 – 7:45			