

REVISED SQUAD TRAINING TIMES FROM JANUARY 2018

SQUADS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
PLATINUM							
AM		5.30-7.30am		5.30-7.30am	5.30-7.30am	6-8am	
PM		6.15-8.15pm	7-8.30pm	5.30-6.30pm (Land Training by invitation) 7-8pm			6-8pm
GOLD							
AM		5.30-7.30am		5.30-7.30am	5.30-7.30am	6-8am	
PM		7.15-8.15pm		6-7pm			6.30-8pm
SILVER							
AM				5.30-7am	5.30-7am	7-8am	
PM		6.15-7.15pm			7-8pm (from 19-1-2018)		5-6.30pm
BRONZE							
AM						7-8am	
PM			6-7pm		6-7pm (from 19-1-2018)		5-6pm
MASTERS							
AM		5.30-7.30am		5.30-7.30am	5.30-7.30am	6-8am	
PM	8.30-10pm						