

Transition Squad	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sessions Available
	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM		
		3.30		3.30		3.30		3.30		6.30			5
		to		to		to		to		to			
		4.30		4.30		4.30		4.30		7.30			

Junior Squad	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sessions Available
	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM		
		3.30		3.30		3.30		3.30		6.30			5
		to		to		to		to		to			
		4.30		4.30		4.30		4.30		7.30			

Intermediate Squad	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sessions Available
	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM		
		3.30	6.00	3.30		3.30	6.00	3.30			6.00		7
		to	to	to		to	to	to			to		
		4.45	7.30	4.45		4.45	7.30	4.45			8.00		

Senior Squad	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sessions Available
	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM		
	*	4.30	5.15	4.30		4.30	5.15	4.30	5.15		6.00		9
		to	to	to		to	to	to	to		to		
		6.30	7.30	6.30		6.30	7.30	6.30	7.30		9.00		

Fitness Squad	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sessions Available
	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM		
		4.45		4.45		4.45				6.00			4
		to		to		to				to			
		6.00		6.00		6.00				7.30			

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Monday morning training for senior squad will recommence from 8/3/21