



SQUAD TIMETABLE - TERM 3

14TH AUGUST 2017 – 24TH SEPTEMBER 2017

Senior Performance

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	5:30 – 7:30	5:30 – 7:30	5:30 – 7:30	5:30 – 7:30	5:30 – 7:30	6:45 – 9:00	
PM	4:30 – 6:30	5:00 – 6:30	4:30 – 6:30				
GYM	3:40 – 4:20	3:40 – 4:20	3:40 – 4:20				

Senior Squad

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM		6:30 – 8:00		6:30 – 8:00		9:00 – 10:00	10:00 – 11:30
PM	3:30 – 4:30 5:30 – 6:30	5:00 – 6:30	3:30 – 4:30 5:00 – 6:30	3:30 – 4:30 4:30 – 6:00	3:30 – 5:00 5:00 – 6:30	2:00 – 3:30	

National Target

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	5:30 – 7:00		5:30 – 7:00		5:30 – 7:00	6:45 – 9:00	7:45 – 10:00
PM		3:30 – 5:00					
GYM		3:40 – 4:20					

Junior Performance

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	5:30 – 7:00		5:30 – 7:00		5:30 – 7:00		7:45 – 10:00
PM	3:45 – 5:30	4:30 – 6:15	4:30 – 6:15	4:30 – 6:15			
GYM		3:40 – 4:20	3:40 – 4:20	3:40 – 4:20			

Junior Black

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	6:00 – 7:30		6:00 – 7:30				10:00 – 11:30
PM	4:30 – 6:00	3:30 – 5:00	4:30 – 6:00	3:30 – 5:00 5:00 – 6:30	5:00 – 6:30	2:00 – 3:30	

Junior Blue

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM							9:00 – 10:00
PM	3:30 – 4:30	3:30 – 4:30 5:00 – 6:00	3:30 – 4:30	3:30 – 4:30 5:00 – 6:00	5:00 – 6:00	1:00 – 2:00	