



WEEKLY TRAINING SCHEDULE

Session	Ability	Time	Venue
Monday	Junior & Development	7.00pm - 9.00pm	Kingsway
Monday	Intermediate & Senior	7.00pm – 9.00pm	Kingsway
Tuesday	Senior – Invitation Only	7.00pm – 9.00pm	Kingsway
Wednesday	Junior & Development	6.30pm – 8.30pm	Kingsway
Wednesday	Intermediate & Senior	6.30pm – 8.30pm	Kingsway
Thursday	Senior – Invitation Only	7.00pm – 9.00pm	Kingsway
Friday	Junior & Development	5.00pm – 6.00pm	Kingsway
Friday	Intermediate & Senior	6.00pm – 8.00pm	Kingsway
Sunday	Senior – Invitation Only	9.00am – 11.00am	Picton
Sunday	Junior, Development & Intermediate	5.00pm – 7.00pm	Kingsway