



TRAINING SQUADS TERM 4 2021

		MON	TUE	WED	THU	FRI	SAT
ND Squad Coach: Narcis	AM		6:00 - 7.30		6:00 - 7.30		8:00 - 10:00
	PM	5:30 - 7.30	5:30 - 7.30	5:30 - 7.30	Club Night*	5:30 - 7.00	
	5:15 - 5:30 stretching						
Gold Squad Coach: Narcis	AM		6:00 - 7.30		6:00 - 7.30		8:00 - 10:00
	PM	4:00 - 5:30	4:00 - 5:30	4:00 - 5:30	Club Night*	4:00 - 5:30	
	3:45 - 4:00 stretching						
Silver Squad Coach: Narcis	AM						
	PM	4:00 - 5:30	4:00 - 5:30	4:00 - 5:30	Club Night*	4:00 - 5:30	
	3:45 - 4:00 stretching						
Bronze Squad Coach Freya / Jasmine	AM						
	PM	5:00 - 6:00	5:00 - 6:00	5:00 - 6:00	Club Night*	5:00 - 6:00	
			stretching	before training			
JP Squad Coach: Freya / Jasmine	AM	no morning sessions					
	PM	4:00 - 5:00	4:00 - 5:00	4:00 - 5:00	Club Night*	4:00 - 5:00	
			stretching	before training			
Multisport / Adult Coach: Freya / Jasmine	AM		6:00 - 7:00		6:00 - 7:00		
	PM	6:00 - 7:00	6:00 - 7:00	6:00 - 7:00	Club Night*	6:00 - 7:00	

*CLUB NIGHTS ARE STARTING ON THE 4th of NOVEMBER 2021, UNTIL THAT DATE, PLEASE COME AT YOUR NORMAL TRAINING TIMES