



## TRAINING SQUADS TERM 4 2022

from Monday the 17th of October 2022

at Fairfield College

**MON TUE WED THU FRI SAT am**

Elite Squad	AM		6:00 - 7:30	6:00 - 7:30	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	5:30-7:30*	5:30 - 7:30	
ND Squad	AM	-	6:00 - 7:30	-	6:00 - 7.30	6:00 - 7:30	-
	PM	5:30 - 7:30	5:30 - 7:30	5:30 - 7:30	5:30 - 7:30*	5:30 - 7:30	
Gold Squad	AM	-	6:00 - 7.30	-	6:00 - 7.30	-	-
	PM	4:00 - 5:30	4:00 - 5:30	4:00 - 5:30	4:00 - 5:30*	4:00 - 5:30	
Silver Squad	AM	-	-	-	-	-	-
	PM	6:00 - 7:30	6:00 - 7:30	5:00 - 6:30	6:00 - 7:30*	6:00 - 7:30	
Bronze Squad	AM						
	PM	5:00 - 6:00	4:00 - 5:00	4:00 - 5:00	5:00 - 6:00*	4:00 - 5:00	-
JP Squad	AM						
	PM	4:00 - 5:00	5:00 - 6:00	-	4:00 - 5:00*	5:00 - 6:00	-
Multi/Adult	AM	-	6:00 - 7:00	-	6:00 - 7:00	-	-
	PM	-	-	6:30 - 7:30	-	-	-

**\*CLUB NIGHTS ARE STARTING ON THURSDAY, 3rd of NOVEMBER 2022, 5.00PM**

**Will be NO TRAINING on Thursdays from 3rd of November - ALL SQUADS will attend Club Nights**

**LTS is encouraged to attend, but is not compulsory**