

## Christmas Training Timetable 2018

Date		Mornings	SENIOR ELITE	SENIOR PERF.	SENIOR SQUAD	JUNIOR ELITE	JUNIOR PERF.	H.A BOYS	H.A GIRLS	BLUE ACH.	RED ACH.	RECEP. ACH 1	RECEP. ACH 2	J.CLUB OLDER	J.CLUB YOUNGER	MASTERS
16th	Sun	XXX	XXX	4.15-5.45pm	4.15-5.45pm	XXX	3-4.15pm	XXX	XXX	3-4.15pm	3-4.15pm	3-4.15pm	3-4.15pm	XXX	XXX	4.15-5.45pm
17th	Mon	Training As Normal														
18th	Tue	Training As Normal														
19th	Wed	Training As Normal														
20th	Thu	Training As Normal														
21st	Fri	Training As Normal														
22nd	Sat	Training As Normal														
23rd	Sun	Training As Normal														
24th	Mon	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	5-7am
27th	Thu	See Details	5-7am & 3-4.45pm	7-8.30am & 3-4.45pm	7.00-8.30am	5-7am & 3-4.45pm	7.00-8.30am	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	5-7am
28th	Fri	See Details	5-7am & 3-4.45pm	3-4.45pm	3-4.45pm	5-7am & 3-4.45pm	7.00-8.30am			XXX	XXX	XXX	XXX	XXX	XXX	5-7am
29th	Sat	See Details	6-8am	6-8am	XXX	6-8am	8-10am			XXX	XXX	XXX	XXX	XXX	XXX	XXX
30th	Sun	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	3-4.30pm	3-4.30pm	3-4.30pm	3-4.30pm	3-4.30pm	3-4.30pm	XXX
2nd	Wed	XXX	3.45-5.30pm	3.45-5.30pm	XXX	5.30-7pm	XXX	As Normal		7-8pm Coventry				XXX	XXX	As Normal
3rd	Thu	Training As Normal														