

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	hours / week
Lane 1	5:15pm	6pm to 7pm	6pm to 7pm	6pm to 7pm	5:15pm	8am to 9am	5:15pm	A Squad 10
Lane 2		C2 Squad	F Squad	Junior Dev	Land Training	C1 Squad	Land Training	B Squad 9
Lane 3		Junior Dev	G Squad	C2 Squad		C2 Squad		C Squad 0
Lane 4	Land Training	C1 Squad	[Green Bar]	B Squad		C2 Squad		D Squad 7
Lane 5		G Squad	D Squad	C1 Squad		A Squad		E Squad 6
Lane 6		A Squad	A Squad	A Squad		E Squad		F Squad 3
Lane 7		E Squad	E Squad	D Squad		B Squad		G Squad 2
Lane 8		B Squad	[Green Bar]	Colts		D Squad		Junior Dev 2
		D Squad	[Green Bar]	Colts				Colts mixed
	0	45	30	35	0	35	0	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	User count
Lane 1	7pm to 8pm	7pm to 8pm	7pm to 8pm	7pm to 8pm	Land Training	9am to 10am	Land Training	A Squad 6
Lane 2	[Green Bar]	C2 Squad	C1 Squad	E Squad		C1 Squad		B Squad 6
Lane 3	C1 Squad	F Squad	[Green Bar]	C2 Squad		C2 Squad		C1 Squad 5
Lane 4	B Squad	C1 Squad	C2 Squad	B Squad		F Squad		C2 Squad 6
Lane 5	C2 Squad	[Green Bar]	C1 Squad	C1 Squad		A Squad		D Squad 6
Lane 6	A Squad	A Squad	A Squad	A Squad		E Squad		E Squad 6
Lane 7	[Green Bar]	E Squad	[Green Bar]	D Squad		B Squad		F Squad 8
Lane 8	Colts - Shallow	B Squad	B Squad	Colts		D Squad		G Squad 4
	Colts - Shallow	D Squad	[Green Bar]	Colts		Junior Dev 6		
	23	43	23	35	0	43	0	

	Monday
Lane 1	8pm to 9pm
Lane 2	[Green Bar]
Lane 3	B Squad
Lane 4	[Green Bar]
Lane 5	A Squad
Lane 6	[Green Bar]
Lane 7	Colts - Shallow
Lane 8	Colts - Shallow

**Notes:**  
- Each session will require changing time before and after.  
- No early morning sessions to start with

- Lane entry order**
- Lane 8
  - Lane 6
  - Lane 4
  - Lane 2
  - Lane 1
  - Lane 3
  - Lane 5
  - Lane 7