

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:15pm	6:30 to 7:30pm	6:30 to 7:30pm	6:30 to 7:30pm	5:15pm	11am to 12noon	5:15pm
Lane 1		C2 Squad	F Squad	Junior Dev	Land Training	C1 Squad	Land Training
Lane 2		Junior Dev	G Squad	C2 Squad			
Lane 3		C1 Squad		B Squad		C2 Squad	
Lane 4	Land Training	G Squad	D Squad	C1 Squad			
Lane 5		A Squad	A Squad	A Squad		A Squad	
Lane 6		E Squad	E Squad	D Squad		E Squad	
Lane 7		B Squad		Colts		B Squad	
Lane 8		D Squad		Colts		D Squad	
	0	45	30	35	0	35	0

	7pm to 8pm	7:30 to 8:30pm	7:30 to 8:30pm	7:30 to 8:30pm		12noon to 1pm	
Lane 1		C2 Squad	C1 Squad	E Squad	Land Training	C1 Squad	Land Training
Lane 2	C1 Squad	F Squad		C2 Squad			
Lane 3	B Squad	C1 Squad	C2 Squad	B Squad		C2 Squad	
Lane 4	C2 Squad			C1 Squad		F Squad	
Lane 5	A Squad	A Squad	A Squad	A Squad		A Squad	
Lane 6		E Squad		D Squad		E Squad	
Lane 7	Colts - Shallow	B Squad	B Squad	Colts		B Squad	
Lane 8	Colts - Shallow	D Squad		Colts		D Squad	
	23	43	23	35	0	43	0

	Monday
Lane 1	
Lane 2	
Lane 3	B Squad
Lane 4	
Lane 5	A Squad
Lane 6	
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