

There will be no training from Monday 24th December
to Tuesday 2nd January 2019

2018 Xmas Training Schedule

Thursday 20th - Sunday 22nd December.
Thursday 3rd - Sunday 6th January 2019

Squad/ Day		Thursday 20th	Friday 21st	Saturday 22nd	Thursday 3rd	Friday 4th	Saturday 5th	Sunday 6th
Elites	AM	06:00 - 07:30 C		06:00 - 07:30 C	06:00 - 07:30 C		06:00 - 07:30 C	
	PM	18:30 - 20:00 Gym	18:00 - 19:30 C		18:30 - 20:00 Gym	18:00 - 19:30 C		
Juniors	AM	06:00 - 07:30 C		06:00 - 07:30 C	06:00 - 07:30 C		06:00 - 07:30 C	
	PM	18:30 - 20:00 Gym	18:00 - 19:30 C		18:30 - 20:00 Gym	18:00 - 19:30 C		
Minimes	AM	06:00 - 07:30 C		06:00 - 07:30 C	06:00 - 07:30 C		06:00 - 07:30 C	
	PM		18:00 - 19:30 C			18:00 - 19:30 C		
Cadets	AM	07:30 - 08:30 C	07:00 - 08:00 C	06:00 - 07:30 C	07:30 - 08:30 C		06:00 - 07:30 C	
	PM		19:30 - 20:30 C			19:30 - 20:30 C		18:00 - 19:00 C
Masters	AM	06:00 - 07:00 C	06:00 - 07:00 C		06:00 - 07:00 C	06:00 - 07:00 C		
	PM		19:30 - 20:30 C			19:30 - 20:30 C		17:00 - 18:00 GP
Seniors	AM							
	PM		19:30 - 20:30 C			19:30 - 20:30 C		
Benjamins	AM	07:30 - 08:30 C	06:00 - 07:00 C	07:30 - 08:30 C	07:30 - 08:30 C	06:00 - 07:00 C	07:30 - 08:30 C	
	PM		17:00 - 18:00 C			17:00 - 18:00 C		19:00 - 20:00 C
Poussins	AM							
	PM	16:00 - 17:00 C	16:00 - 17:00 C		16:00 - 17:00 C	16:00 - 17:00 C		18:00 - 19:00 C
Avenirs A / B	AM	16:00 - 17:00 C	16:00 - 17:00 C		16:00 - 17:00 C	16:00 - 17:00 C		
	PM							

C = College

GP = Grange Paddocks