



Winter Timetable 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45-7:00am Regional 5:45-6:45am Aquafit (4)		5:30-7:00am National 5:45-6:45am Aqua Fit		5:30-7:00am National 5:45-6:45am Aquafit	7:00-8:30am Regional & National
3:30-4:15pm Development	3.30-4.30pm Transition	3:30-4:15pm Development	3.45-4.45pm Transition		
4:15-5:15pm Transition	4:30-5:30pm Regional	4:15-5:15pm Transition	4.45-5.45pm Regional & National		
5:15-6:45pm National	5:15-6:45pm National	5:15-6:30pm Regional	5.45-6.45pm Youth & Aqua Fit		
5.15-6.15pm Youth Fit	5:45-6:45pm Aqua Fit				

(Pre-Squad Silver and Bronze Timetable TBC)