



## Winter Timetable 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30–6.45am Regional (2)		5:30– 7:00am National (3)		5:30– 7:00am National (3)	7:00 – 8:30am Regional & National (5)
5:45–6:45am Aquafit (4)		5:45– 6:45am Aquafit (3)		5:45– 6:45am Aquafit (3)	
3:30 – 4:15pm Development (4)	3.30 – 4.30pm – Transition (4)	3:30 – 4:15pm Development (4)			
4:15 – 5:15pm Transition (4)	4:30-5:45pm Regional (6)	4:15 – 5:15pm Transition (4)	3.45 – 4.45pm Transition (6)		
5:15 –6:45pm National (3)	5:15-6:45pm National (3)	5:15 –6:45pm Regional (6)	4.45 - 5.45pm Regional & National (6)		
	5:45-6:45pm Aqua (3)		5.45 – 6.45pm Youth & Aqua Fit (6)		