



July Holiday Timetable

11th – 23rd July

Squad	Timetable
Junior	Mon: 4.00 – 5.00pm Tues 3.30 – 4.30pm Thurs 3.30 - 4.30pm Fri 6.30 -7.30am
Intermediate	Mon: 5.00 – 6.30pm Tues 4.30 – 6.00pm Wed 6.00 - 7.30am Wed 4.45 – 6.30pm Thurs 4.30 – 6.00pm Fri 6.00 - 7.30am Sat: 7.00 - 8.30am
Development	Mon: 5.45 – 7.15am Mon: 5.00 – 6.30pm Tues 4.30 – 6.00pm Wed 6.00 – 7.30am Wed 4.45 – 6.30pm Thurs 4.30 – 6.00pm Fri 6.00 -8.00am Sat: 7.00 – 8.30am
Youth Fitness	Mon: 6.00 – 7.00am Tues 5.00 - 6.00pm Wed 6.00 - 7.00am Thurs 5.00 - 6.00pm
Adult Fitness	Mon: 6.00 – 7.00am Tues 5.00 - 6.00pm Wed 6.00 - 7.00am Thurs 5.00 - 6.00pm



Public Fitness (Casual)	Timetable
Lane 8	Mon, Wed: 6.00am – 7.15am Mon, Tues, Wed, Thurs: 5.00pm – 6.00pm