

# Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Development	AM	5.30-7am	5.30-7am	5.30-7am	5.30-7am	8.30-9.30
	PM	4pm-5pm	4pm-5pm	4pm-5pm	4pm-5pm	
		5pm-6pm	5pm-6pm	5pm-6pm		

Competitive	AM	5.30-7am	5.30-7am	5.30-7am	5.30-7am	Gym 6.30-7.30am
	PM	4-5.15pm*	4-6pm	5-6.30pm	4-6pm	7.30-8.30am
		4-6pm#				

Jnr Performance	AM	5.30-7am	5.30-7am	5.30-7am	5.30-7am	6.30-8.30am
	PM	5.15-5.45pm*	Gym 4-4.45pm	4-6pm	Gym 4-4.45pm	
		4-6pm#	5-6pm		5-6pm	

Snr Performance	AM	5.30-7am	5.30-7am	5.30-7am	5.30-7am	6.30-8.30am
	PM	5.15-5.45pm*	Gym 4-4.45pm	Gym 4-4.45pm	Gym 4-4.45pm	
		4-6pm#	5-7pm	5-7pm	5-7pm	

\* Club night  
# No club night