

Revised Timetable
with effect from Monday 22 April 2013

SQUAD	PRE-TEAM	JUNIOR ACADEMY	ACADEMY	COUNTY	REGIONAL	COMP DEVELOP	PRE MASTERS	SENIORS AND MASTERS
COACH	Damien/Amanda	Bradley	TBC	Damien	TBC	Amanda	Damien	Tony
MON			18.30-20.00		16.30-18.30	18.30-20.00		20.00-21.30
TUE				06.00-07.30 18.30-20.00	06.00-07.30 18.30-20.00	06.00-07.30 20.00-21.30		20.00-21.30
WED		18.30-19.30	18.30-20.30	18.00-20.00 SPGS	18.00-20.00 SPGS			20.00-21.30 SPGS (Damien)
THU		18.30-19.30	18.30-19.30 (Roxana)		16.30-18.30	19.30-21.00		19.30-21.00
FRI				18.30-20.00	18.30-20.00 (Tom)			20.00-21.30
SAT		08.30-10.00	08.30-10.00 (Damien)	10.00-11.30 (Bradley)		10.00-11.30 (Milton)	07.30-08.30	
SUN	15.00-16.00	08.30-10.00 10.00-10.30 stretching	08.30-10.00 10.00-10.30 Stretching (Tony)	from 28/4/13 16.30-17.30 land training 17.30-19.30	from 28/4/13 16.30-17.30 land training 17.30-19.30	16.00-17.30		10.30-12.30

SPGS – Training session at St Paul's Girls' School, Brook Green, Hammersmith