

Squad Training Session Timetable

All Training is at Inspire except for Masters Sessions on Wednesday, Saturday and Sunday

	<i>Monday AM</i>	<i>Monday PM</i>	<i>Tuesday AM</i>	<i>Tuesday PM</i>	<i>Wednesday AM</i>	<i>Wednesday PM</i>	<i>Thursday PM</i>	<i>Friday AM</i>	<i>Friday PM</i>	<i>Saturday AM</i>	<i>Sunday AM/PM</i>
Performance	5.35am to 7.15am	Land Training 6.00pm to 6.45pm Pool 6.45pm to 9.00pm		5.45pm to 8.00pm	5.35am to 7.15am	Land Training 6.00pm to 6.45pm Pool 6.45pm to 9.00pm	Land Training 6.00pm to 6.45pm Pool 6.45pm to 9.00pm	5.35am to 7.15am	5.45pm to 8.00pm		Network Invitation Only 4.45pm to 7.00pm
Senior Competitive	5.35am to 7.15am	Land Training 6.00pm to 6.45pm Pool 6.45pm to 9.00pm		5.45pm to 8.00pm			Land Training 6.00pm to 6.45pm Pool 6.45pm to 9.00pm	5.35am to 7.15am	5.45pm to 8.00pm		
Senior Age Group		6.45pm to 9.00pm					6.45pm to 9.00pm		5.45pm to 8.00pm		
Junior Performance	5.35am to 7.15am	Land Training 6.00pm to 6.45pm Pool 6.45pm to 9.00pm				Land Training 6.00pm to 6.45pm Pool 6.45pm to 9.00pm	6.45pm to 9.00pm	5.35am to 7.15am	5.45pm to 8.00pm		Network Invitation Only 4.45pm to 7.00pm
Development		6.45pm to 9.00pm				6.45pm to 9.00pm	6.45pm to 9.00pm		5.45pm to 8.00pm		
Transition		6.45pm to 9.00pm					6.45pm to 9.00pm		5.45pm to 8.00pm		
Skills 1				5.45pm to 8.00pm			5.45pm to 7.00pm		5.45pm to 8.00pm		
Skills 2		6.45pm to 8.00pm					5.45pm to 7.00pm		5.45pm to 8.00pm		
Academy							5.45pm to 7.00pm		5.45pm to 6.30pm		
Masters			5.45am to 7.15am		5.45am to 7.15am	Lewsey 7.30pm to 8.30pm	7.00pm to 8.30pm			Lewsey 8.00am to 9.00am	Lewsey 7.00am to 8.00am