



Training Schedule 2009 – 2010

	Time	Venue	Squad
Monday	5 – 7 am	ALSAA	Senior
	5.30 – 7 pm	WW	Senior
	6 – 7 pm	ALSAA	B Group
	7 – 8 pm	ALSAA	Age Group
Tuesday	5 – 7 am	ALSAA	Senior
	6 – 7 pm	ALSAA	Senior
Wednesday	5 – 7 am	ALSAA	Senior
	6 – 7 pm	ALSAA	Age Group
	6 – 7 pm	WW	Senior
Thursday	5 – 7 am	ALSAA	Age Group
	6 – 7 pm	ALSAA	B Group
Friday	5 – 7 am	ALSAA	Senior
	7 – 8.30 pm	WW	Senior
Saturday	6.30 – 8.45 am	ALSAA	Senior
	9.30 – 11 am	ALSAA	B Group
Sunday	7 – 9.30 am	ALSAA	Age Group
	9.30 – 11 am	ALSAA	Lessons
	6 – 7 pm	ALSAA	Lessons