

Summer Training Times
Week Commencing 31st July 2017

Squad	Session	Monday 31st	Tuesday 1st	Wednesday 2nd	Thursday 3rd	Friday 4th	Saturday 5th	Sunday 6th
Beacon & National	AM		Training 6.30 - 8:00am		Training 6.30 - 8:00am		Training 6.30 - 8:00am	
	PM	Training 4 - 6:30pm		Training 4 - 6:30pm		Training 4 - 6:30pm		
Masters/Further Education	PM	Training 6 - 8am	Training 6 - 8am	Training 6 - 8am	Training 6 - 8am	Training 6 - 8am		
Regional & County	AM			Training 6.30 - 8:00am		Training 6.30 - 8:00am		
	PM	Training 6 - 8pm	Training 4 - 6 pm		Training 4 - 6pm			
Development 1 & 2	PM	Training 6 - 8pm	Training 6 - 8pm	Training 6 - 8pm	Training 6 - 8pm	Training 6 - 8pm		
Hough End	PM		Training 5 - 7pm (H.E.)		Training 5 - 7pm (H.E.)		Training 3 - 5pm (H.E.)	
Icebergs	PM	Training 6 - 8pm (W.R.)		Training 6 - 8pm (W.R.)				Training 3 - 5pm (Lev.)
Matt Walker Academy	PM				Training 4 - 6pm			
MAC Academy	PM	Training 5 - 6pm						