

Summer Training Times
Week commencing 7th August

Squad	Session	Monday 7th	Tuesday 8th	Wednesday 9th	Thursday 10th	Friday 11th	Saturday 12th	Sunday 13th
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 6 - 8pm		Training 6 - 8pm			
Development 1 & 2	PM	Training 6 - 8pm	Training 6 - 8pm	Training 6 - 8pm	Training 6 - 8pm	Training 6 - 8pm		
Hough End	PM		Training 4 - 6pm (MAC)		Training 4 - 6pm (MAC)		Training 3 - 5pm (H.E.)	
Icebergs	PM		Training 4 - 6pm (MAC)		Training 4 - 6pm (MAC)			Training 3 - 5pm (Lev.)
Matt Walker Academy	PM							
MAC Academy	PM	Training 6pm	5					