



PERFORMANCE SQUADS

TIMETABLE July - September 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Junior Emerging	4:00pm - 5:00pm	6:00am - 7:00am	4:00pm - 5:00pm		4:00pm - 5:00pm	8:30am - 9:30am
Emerging	5:00pm - 6:30pm		5:00pm - 6:30pm	5:30am - 7:00am	5:00pm - 6:30pm	6:00am - 7:00am
State Target	5:30am - 7:00am	4:30pm - 6:30pm	5:30am - 7:00am	4:30pm - 6:30pm	5:30am - 7:00am	6:00am - 7:30am
National	5:30am - 7:00am	5:30am - 7:00am 4:30pm - 6:30pm	4:30pm - 6:30pm	5:30am - 7:00am 4:30pm - 6:30pm	5:30am - 7:00am	7:00am - 9:00am
Open/Varsity	7:00am - 9:00am 4:30pm - 6:30pm	7:00am - 9:00am	1:30pm - 3:30pm	7:00am - 9:00am	7:00am - 9:00am 4:30pm - 6:30pm	7:00am - 9:00am

PLEASE NOTE: NO TRAINING ON PUBLIC HOLIDAYS. TIMETABLES SUBJECT TO CHANGE