

TRAINING TIMES 2011

	Monday	Tuesday	Wednesday	Thursday	Friday
U6 Black			4 - 5 pm		
U6 White		4.15 - 5.15 pm			
U6 Red			4 - 5 pm		
U7 Black			4 - 5 pm		
U7 White			4.15 - 5.15 pm		
U7 Red			4.15 - 5.15 pm		
U7 Blue		4 - 5 pm			
U7 Green				5 - 6 pm	
U8 Black		4.30 - 5.30 pm			
U8 White			4 - 5 pm		
U8 Red		4 - 5 pm			
U9 Black		4 - 5 pm			
U9 White				4.30 - 5.30 pm	
U9 Red			5 - 6 pm		
U9 Gold				4.30 - 5.30 pm	
U9 Blue					4.30 - 5.30 pm
U10 Black		4 - 5 pm			
U10 White			3.30 - 5 pm		
U10 Red				4.30 - 5.30 pm	
U11 Black	5 - 6 pm		3.30 - 4.30 pm		
U11 White		4 - 5.30 pm			
U11 Red				4 - 5.30 pm	
U12 Black				5 - 6 pm	
U12 White		4 - 6 pm			
U12 Red			4 - 5.30 pm		
U13 Black			4 - 5.30 pm		
U13 White	5.30 - 7 pm			5 - 6.30 pm	
U14 Black		4.30 to 6 pm			
U14 White	3.30 - 5 pm				
U16 Black			6 - 7.30 pm		
Senior Men (Black)		6.15 - 8 pm			
Ladies		6.15 - 8 pm			