



Senior Timetable						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
14.30						Training/ Match 9.30-11.30
15.00			Training/1:1s 14.15-17.30			
16.30						
17.00					Match Analysis/ training 16.15-18.15	
18.30	Training 16.45-19:00	Training 16.15-18.30		Training 16.15-18.30		
Junior Timetable						
14.30						Training/ Match 9.30-11.30
15.00			Training 15.00-18.15			
16.30						Break
17.00						1:1 Sessions/ Match Analysis 12.30- 14.30
18.30	Training 16.15-18.30	Training 16.15-18.30		Training 16.15-18.30		

* times may change due to fixtures

