

MAG January Holidays Training						
Dec	Mon 27th	Tue 28th	Wed 29th	Thur 30th	fri 31st	Hrs
Snr	Gym Closed	5.30 - 8.30	5.30 - 8.30	11.00 - 1.00		9
Jan	Mon 3rd	Tue 4th	Wed 5th	Thur 6th	fri 7th	
Snr	Gym Closed	3.00 - 6.00	3.00 - 6.00	3.00 - 6.00	3.00 - 6.00	12
Jan	Mon 10th	Tue 11th	Wed 12th	Thur 13th	Fri 14th	
Snr	Gym Closed	4:00 - 8:00		2:30 - 6:00	2:30 - 6:00	12
Inter		4.00 - 7.00		2:30 - 5:30	2:30 - 5:30	9
Jnr		9:00 - 11:00		9:00 - 11:00	9:00 - 11:00	6
Jan	Mon 17th	Tue 18th	Wed 19th	Thur 20th	Fri 21st	
Snr	4:00 - 8.30	4:00- 8:30		11:00 - 2:00	10:00 - 1:00	12 --16
Inter	4.00- 7.30	4:00 - 7:30		4:00 - 7:30	Staff Development	11.5
Jnr	3:00 - 6:00		3:00 - 6:00			6
Jan	Mon 24th	Tue 25th	Wed 26th	Thur 27th	fri 28th	
Snr	5.00 - 8.00	5:00 - 8:00		11:00 - 2:00	10:00 - 1.00	12
L4- 8 - Camp.	9:00 - 12:00	9:00 - 12:00	9:00 - 12:00		Staff Development	15
	4:00 - 7:00	3:00 6:00				
Jnr's	3:00 - 6:00		3:00 - 6:00			6
EXCEL CLINIC			12:30 -2:30	3:00 - 5:00		2 - 4
Last day of training Dec 23rd - Athletes Fun day - 4:30 - 7:30						
360 Camp 29th - 30th January - Times TBC						