

January Holidays Training Schedule - Revised 23/12/21

WEEK 1	Mon 10/01/22	Tue 11/01/22	Wed 12/01/22	Thur 13/01/22	Fri 14/01/22
SENIORS STEP 7+	G Y M C L O S E D	9:00 - 12:00	9:00 - 12:00	9:00 - 12:00	9:00 - 12:00
		9:00 - 12:00	9:00 - 12:00	9:00 - 12:00	9:00 - 12:00
All Intermediate and Junior Squads Conditioning Club 9:00 - 11:00		9:00-12:00	All Intermediate and Junior Squads Conditioning Club 9:00 - 11:00	All Intermediate and Junior Squads Conditioning Club 9:00 - 11:00	All Intermediate and Junior Squads Conditioning Club 9:00 - 11:00
		9:00 - 12:00			
		9:00 - 12:00			
		9:00-12:00			
		No Training			
		No Training			
JUNIOR A	No Training				
JUNIOR B	No Training				
JUNIOR C	No Training				

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WEEK 2	Mon 17/01/2022	Tue 18/01/2022	Wed 19/01/2022	Thur 20/01/2022	Fri 21/01/2022
SENIORS STEP 7+	9:00 - 12:00	9:00 - 12:00	9:00 - 12:00	9:00 - 12:00	9:00 - 12:00
INTERMEDIATE AT	9:00 - 12:00	9:00 - 12:00	9:00 - 12:00	9:00 - 12:00	
INTERMEDIATE AF	9:00 - 12:00	9:00 - 12:00	9:00 - 12:00		9:00 - 12:00
INTERMEDIATE C		3:00 - 6:00		9:00 - 12:00	9:00 - 12:00
INTERMEDIATE D	3:00 - 6:00	3:00 - 6:00		3:00 - 6:00	
JUNIOR A	3:00 - 6:00		3:00 - 6:00	3:00 - 5:00	
JUNIOR B	3:00 - 6:00		3:00 - 6:00		
JUNIOR C	3:00 - 6:00		3:00 - 6:00		

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WEEK 3	Mon 24/01/2022	Tue 25/01/2022	Wed 26/01/2022	Thur 27/01/2022	Fri 28/01/2022
SENIORS STEP 7+	9:00-12:30	9:00-12:30	9:00-12:30	9:00-12:30	9:00-12:30
INTERMEDIATE AT	3:30 - 7:30	9:00 - 1:00		9:00 - 1:00	9:00 - 1:00
INTERMEDIATE AF	3:30 - 7:30	9:00 - 1:00	9:00 - 1:00	9:00 - 1:00	
INTERMEDIATE C	3:30 - 7:30		9:00 - 1:00		9:00 - 1:00
INTERMEDIATE D	9:00 - 1:00	3:00 - 7:00		3:00 - 7:00	
JUNIOR A	3:00 - 5:00	3:00 - 6:00		3:00 - 6:00	
JUNIOR B		3:00 - 6:00		3:00 - 6:00	
JUNIOR C		3:00 - 6:00		3:00 - 6:00	