

Squad Timetable from 3<sup>rd</sup> April 2017

<b>Monday</b>	A 6-8am Q 6-8pm SS	B1 6-8pm SS	B2 6-8am Q	C 6-7pm - C
<b>Tuesday</b>	6-8am Q 5:45-6:45 LT 7-8pm Q			6-7am Q
<b>Wednesday</b>	6-8am Q	6-8am Q	6:30-8pm SS	6-7pm - P
<b>Thursday</b>	6-8am Q 5:45-6:45 LT 7-8pm P	6-8am Q 6-7pm Q	6-8am Q 6-7pm Q	
<b>Friday</b>	6-8am Q 7-9pm Q	6-7pm P	6-7pm P	6:30-7:30am Q
<b>Sunday</b>	4-6pm P	4-6pm P		