

Day	Time	Activity	Venue	Coach IC	Squad	
Monday	4.30-5	Ergo	CLS Erg Room	LH	J14 and below (boys and girls)	
	5.30-7	Water		AL	wj16-18- Selected	
	.5-6	Ergo	CLS Erg Room	CD/PH	j15+ boys	
	.6-7	Ergo	CLS Erg Room	AL	wj16-18- Selected	
	7.15-8.15	Ergo	CLS Erg Room		Senior and Masters Men	
	8.15-9	Ergo	CLS Erg Room		Senior and Masters Ladies	
Tuesday	5-6.30	Water	Clsarc	ST	Boys Water Session- Selected	
	5-6.30	Ergo	CLS Erg Room	AL	wj16-18	
	.7-9	Ergo/Curcuits	Hermitage	ST/AL/CW	all	
Wednesday	5.30-6.30	Cross-fit	Park View	CW	Arran's squad and j15+boys	
	.6-6.30	Ergo	CLS Erg Room	CW/CD/PH	J14 and below (GROUP 1)	
	6.30-7	Ergo	CLS Erg Room	CW/CD/PH	J14 and below (GROUP 2)	
		7.15-8.15	Ergo	CLS Erg Room		Senior and Masters Women
	8.15-9	Ergo	CLS Erg Room		Senior and Masters Men	
Thursday	5-6.30	Water	Clsarc	ST	j15+ boys and girls- Selected	
	6.30-7.30	Cross-fit	Park View	ST/AL/CW	Colin's squad	
	6.30-7.15	Ergo	CLS Erg Room	AL/ST	J15+ boys and girls	
		7.20-8.15	Ergo	CLS Erg Room		Senior and Masters Men
		8.15-9	Ergo	CLS Erg Room		Senior and Masters Ladies
Sat	7.30-9.30	Water	Clsarc		Seniors and Mas Men and Women	
	10-11.30	Water	Clsarc	GC/AL/CW	J14 and below	
	9.30-11.30	Water	Clsarc	GC/AL/CW	j15+ boys and girls	
Sun	7.30-9.30	Water	Clsarc		Seniors and Mas Men and Women	
	10-11.30	Water	Clsarc	ST/CW/AL	J14 and below	
	9.30-11.30	Water	Clsarc	ST/CW/AL	j15+ boys and girls	

Some sessions may be changed dependent on attendance