

Training Schedule for half term break, February 2010

Squad 1 only

Thurs	11 Feb	7am training	No pm session
Fri	12 Feb	7am training	No pm session
Sun	14 Feb	No session	
Mon	15 Feb	No session	
Tues	16 Feb	7am session	No pm session
Wed	17 Feb	7am session	No pm session

Squad 2

Thurs	11 Feb	No session	
Fri	12 Feb	No session	
Sun	14 Feb	No session	
Mon	15 Feb		5.15pm session
Tues	16 Feb	No session	
Wed	17 Feb		5.15pm session

Squad 3

Thurs 11 – Wed 17 Feb inclusive - No Training on these dates.

Normal Training schedule resumes Thurs 18 Feb.