

COACHING TIMETABLE

MONDAY	TUESDAY	WEDS	THURSDAY	FRIDAY	SATURDAY
Group 1 Express 6.30am-7am	Group 1 Express 6.30am-7am	Group 1 Express 6.30am-7am	Group 1 Express 6.30am-7am	Group 1 Express 6.30am-7am	Group 1 PT 8am-9am
Group 2 PT 7am – 7.45am	Group 2 PT 7am – 7.45am	Group 2 PT 7am – 7.45am	Group 2 PT 7am – 7.45am	Group 2 PT 7am – 7.45am	Group 2 Conditioning Class 9am – 10am
	Group Express 1pm-1.30pm		Group Express 1pm-1.30pm		
Group 3 PT 5pm-6pm	Group 3 PT 5pm-6pm	Group 3 PT 5pm-6pm	Group 3 PT 5pm-6pm	Group 3 PT 5pm-6pm	Group 3 PT 10am – 11am
Group 4 PT 6pm-7pm	Group 4 PT 6pm-7pm	Group 4 PT 6pm-7pm	Group 4 PT 6pm-7pm	Group 4 PT 6pm-7pm	Group 4 MST 11am – 12 noon
Group 5 Conditioning Class 7pm-8pm	Group 5 PT 7pm-8pm	Group 5 Conditioning Class 7pm-8pm	Group 5 PT 7pm-8pm	Group 5 PT 7pm-8pm	
Group 6 PT 8pm-9pm	Group 6 Academy 8pm-9pm	Group 6 PT 8pm-9pm	Group 6 Academy 8pm-9pm		