

# Squad Training

Monday AM	Tuesday AM	Wednesday AM	Thursday AM	Friday AM	Saturday AM
<b>Gold</b> 5:30am – 7:30am	<b>Gold</b> 5:30am – 7:30am	<b>Gold (makeup)</b> 5:30am – 7:30am	<b>Gold</b> 5:30am – 7:30am	<b>Gold</b> 5:30am – 7:30am	<b>Gold/Silver</b> 6:30am – 8:15am
<b>Silver</b> 5:30am – 7am		<b>Silver</b> 5:30am – 7am		<b>Silver</b> 5:30am – 7am	<b>Bronze</b> 8:30am – 9:30am
<b>Adult Squad</b> 7am – 8am		<b>Adult Squad</b> 7am – 8am		<b>Adult Squad</b> 7am – 8am	
Monday PM	Tuesday PM	Wednesday PM	Thursday PM	Friday PM	
<b>Bronze</b> 3:30pm – 4:30pm	<b>Bronze</b> 3:30pm – 4:30pm	<b>Bronze</b> 3:30pm – 4:30pm	<b>Bronze</b> 3:30pm – 4:30pm	<b>No Squad (Recovery)</b>	
<b>Silver</b> 4:30pm – 6pm	<b>Silver</b> 4:30pm – 6pm	<b>Silver</b> 4:30pm – 6pm	<b>Silver</b> 4:30pm – 6pm		
<b>Gold</b> 4:30pm – 6:30pm	<b>Gold</b> 4:30pm – 6:30pm	<b>Gold</b> No squad	<b>Gold</b> 4:30pm – 6:30pm		

Please arrive 15mins before start time to allow for dryland activation  
Sessions can always be added as demand and attendance improves