

Training Timetable 2024

Squad	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Hrs/Wk
Elite	7:00-9:00pm	6:30-8:30pm	Land Training 6:30-7:20 7:30-9:00pm	7:30-8:30pm	8:30-10:00pm		6:00-8:00pm Sportspark	11
Platinum	7:00-9:00pm		Land Training 6:30-7:20 7:30-9:00pm		8:30-10:00pm		6:00-8:00pm Sportspark	8
Gold		7:30-8:30pm		5:30-7:30pm		6:45-7:45am	8:00-9:00am	5
Silver		6:30-7:30pm		5:30-6:30pm		6:45-7:45am		3
Bronze				5:30-6:30pm		6:45-7:45am	8:00-9:00am	3
Foundation							8:00-9:00am	1