

Land Training Scedule Autumn 2017-18

Day	Time	Club Ergo	Club Weights	Club Circuits	CCS Ergo	CCS Weights	CCS Sports Hall
Monday	17:00	WJ2	Club	Club	NA	NA	NA
	17:30	WJ2	Club	Club	NA	NA	NA
	18:00	WJ2	Club	Club	WJ1	SM	SM
	18:30	WJ2/Club	Club	Club	WJ1	SM	SM
	19:00	Club	Club	Club	WJ1/SW	SM	SM
	19:30	Club	Club	Club	SW	SM	SM
	20:00	Club	Club	Club	SW	SM	SM
	20:30	Club	Club	Club	NA	NA	NA
	21:00	Club	Club	Club	NA	NA	NA
	Tuesday	17:00	J Beg	JB2	JB2	NA	NA
17:30		J Beg	JB2	JB2	NA	NA	NA
18:00		J Beg	JB2	JB2	JB1	WJ1	WJ1
18:30		J Beg/ML	JB2/VM	JB2/VM	JB1	WJ1	WJ1
19:00		ML	VM	VM	JB1/SM	WJ1/SW	WJ1/SW
19:30		ML/VM	VM	VM	SM	SW	SW
20:00		VM	VM	VM	SM	SW	SW
20:30		VM	VM	VM	NA	NA	NA
21:00		VM	VM	VM	NA	NA	NA
Wednesday		17:00	JB2			NA	NA
	17:30	JB2			NA	NA	NA
	18:00	JB2	SM	SM	WJ1	JB1	WJ2
	18:30	JB2/SW	SM	SM	WJ1	JB1	WJ2
	19:00	SW	SM	SM	WJ1/Dev & Rec	JB1	WJ2/Club
	19:30	SW	SM	SM	Dev & Rec	JB1	Club
	20:00	SW/Club	SM	SM	Dev & Rec	JB1	Club
	20:30	Club	SM	SM	NA	NA	NA
	21:00	Club			NA	NA	NA

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Day	Time	Club Ergo	Club Weights	Club Circuits	CCS Ergo	CCS Weights	CCS Sports Hall
Thursday	17:00	WJ2	JB2	JB2	NA	NA	NA
	17:30	WJ2	JB2	JB2	NA	NA	NA
	18:00	WJ2	JB2	JB2	JB1	WJ1	WJ1
	18:30	WJ2/SM	JB2/SW	JB2/SW	JB1	WJ1	WJ1
	19:00	SM	SW	SW	JB1	WJ1/VM	WJ1/VM
	19:30	SM	SW	SW	JB1	VM	VM
	20:00	SM	SW	SW	JB1	VM	VM
	20:30	SM	SW	SW	NA	NA	NA
	21:00	SM			NA	NA	NA
	Friday	17:00	JB2	JB1	JB1	NA	NA
17:30		JB2	JB1	JB1	NA	NA	NA
18:00		JB2	JB1	JB1	NA	NA	NA
18:30		JB2/Club	JB1	JB1	NA	NA	NA
19:00		Club	JB1/Club	JB1/Club	NA	NA	NA
19:30		Club	Club	Club	NA	NA	NA
20:00		Club	Club	Club	NA	NA	NA
20:30		Club	Club	Club	NA	NA	NA
21:00		Club	Club	Club	NA	NA	NA

Key	
J Beg	Junior Beginners
WJ1	WJ 16-18
WJ2	WJ 14-15
JB1	Junior Boys HP
JB2	Junior Boys
Dev & Rec	Dev & Recreation
ML	Masters Ladies
VM	Vet Men
SW	Senior Men
SM	Senior Women
Club	Club open session
Not Available	Not Available

WJ2/Club / indicates end time for first group and start time for 2nd group. Change overs must be swift!!