

Draft Land Training Scedule Autumn 2017-18

Day	Time	Club Ergo	Club Weights	Club Circuits	CCS Ergo	CCS Weights	CCS Sports Hall
Monday	17:00	WJ14-15	Club	Club	NA	NA	NA
	17:30	WJ14-15	Club	Club	NA	NA	NA
	18:00	WJ14-15	Club	Club	WJ16-18	ML	ML
	18:30	WJ14-15/SW	Club	Club	WJ16-18	ML	ML
	19:00	SW	Club	Club	TBA	ML	ML
	19:30	SW	Club	Club	TBA	ML	ML
	20:00	Club	Club	Club	TBA	ML	ML
	20:30	Club	Club	Club	NA	NA	NA
	21:00	Club	Club	Club	NA	NA	NA
	Tuesday	17:00	J Beg	J14-15	J14-15	NA	NA
17:30		J Beg	J14-15	J14-15	NA	NA	NA
18:00		J Beg	J14-15	J14-15	J16-18	WJ16-18	WJ16-18
18:30		J Beg/ML	J14-15/VM	J14-15/VM	J16-18	WJ16-18	WJ16-18
19:00		ML	VM	VM	J16-18	WJ16-18/SW	WJ16-18/SW
19:30		ML/VM	VM	VM	TBA	SW	SW
20:00		VM	VM	VM	TBA	SW	SW
20:30		VM	VM	VM	NA	NA	NA
21:00		VM	VM	VM	NA	NA	NA
Wednesday		17:00	J14-15	TBA	TBA	NA	NA
	17:30	J14-15	TBA	TBA	NA	NA	NA
	18:00	J14-15	TBA	TBA	WJ16-18	J16-18	WJ14-15 & Beginners
	18:30	J14-15/SW	TBA	TBA	WJ16-18	J16-18	WJ14-15 & Beginners
	19:00	SW	TBA	TBA	WJ16-18/Dev & Rec	J16-18	WJ14-15 & Beginners
	19:30	SW	TBA	TBA	Dev & Rec	J16-18	TBA
	20:00	SW/Club	TBA	TBA	Dev & Rec	J16-18	TBA
	20:30	Club	TBA	TBA	NA	NA	NA
	21:00	Club	TBA	TBA	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	WJ14-15	J14-15	J14-15	NA	NA	NA
	17:30	WJ14-15	J14-15	J14-15	NA	NA	NA
	18:00	WJ14-15	J14-15	J14-15	J16-18	WJ16-18	WJ16-18
	18:30	WJ14-15	J14-15/VM	J14-15/VM	J16-18	WJ16-18	WJ16-18
	19:00	Club	VM	VM	J16-18	WJ16-18/SW	WJ16-18/SW
	19:30	Club	VM	VM	J16-18	SW	SW
	20:00	Club	VM	VM	J16-18	SW	SW
	20:30	Club	VM	VM	NA	NA	NA
	21:00	Club	VM	VM	NA	NA	NA
	Friday	17:00	J14-15	J16-18	J16-18	NA	NA
17:30		J14-15	J16-18	J16-18	NA	NA	NA
18:00		J14-15	J16-18	J16-18	NA	NA	NA
18:30		J14-15/Club	J16-18	J16-18	NA	NA	NA
19:00		Club	J16-18/Club	J16-18/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	Adrian
WJ16-18	Amaia & Hayley
WJ14-15	Huw & Jim
J16-18	Katerina
J14-15	Mike
Dev & Rec	Dev & Recreation
ML	Masters Ladies
VM	Vet Men
SW	Senior Women
SM	Senior Men
Club	Club open session
Not Available	Not Available

WJ14-15/Club	/ indicates end time for first group and start time for 2nd group. Change overs must be swift!!
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