

**Land Training Schedule October - December 2019**

Day	Time	Club Ergo	Club Weights	Club Circuits	CCS Ergo	CCS Weights	CCS Sports Hall
<b>Monday</b>	17:00-17:30	WJ14-15	NA	NA	NA	NA	NA
	17:30-18:00	WJ14-15	NA	NA	NA	NA	NA
	18:00-18:30	WJ14-15	NA	NA	Available	Available	Available
	18:30-19:00	SW & ML	NA	NA	Available	Available	Available
	19:00-19:30	SW & ML	NA	NA	Available	VM	VM
	19:30-20:00	SW & ML	NA	NA	Available	VM	VM
	20:00-20:30	Club	NA	NA	NA	NA	NA
	20:30-21:00	Club	NA	NA	NA	NA	NA
<b>Tuesday</b>	17:00-17:30	J Beg	NA	NA	NA	NA	NA
	17:30-18:00	J Beg	NA	NA	NA	NA	NA
	18:00-18:30	J Beg	NA	NA	WJ & J 16-18	WJ & J 16-18	Available
	18:30-19:00	VM & SM	NA	NA	WJ & J 16-18	WJ & J 16-18	Available
	19:00-19:30	VM & SM	NA	NA	WJ & J 16-18	SW	ML & Dev Women
	19:30-20:00	VM & SM	NA	NA	WJ & J 16-18	SW	ML & Dev Women
	20:00-20:30	VM & SM	NA	NA	NA	NA	NA
	20:30-21:00	VM & SM	NA	NA	NA	NA	NA
<b>Wednesday</b>	17:00-17:30	J14-15	NA	NA	NA	NA	NA
	17:30-18:00	J14-15	NA	NA	NA	NA	NA
	18:00-18:30	J14-15	NA	NA	WJ & J 16-18	WJ & J 16-18	J Beg circuits
	18:30-19:00	SW & ML	NA	NA	WJ & J 16-19	WJ & J 16-18	J Beg circuits
	19:00-19:30	SW & ML	NA	NA	Rec & Adaptive	WJ & J 16-18	Available
	19:30-20:00	SW & ML	NA	NA	Rec & Adaptive	WJ & J 16-18	Available
	20:00-20:30	Club	NA	NA	NA	NA	NA
	20:30-21:00	Club	NA	NA	NA	NA	NA

Day	Time	Club Ergo	Club Weights	Club Circuits	CCS Ergo	CCS Weights	CCS Sports Hall
Thursday	17:00-17:30	WJ14-15	NA	NA	NA	NA	NA
	17:30-18:00	WJ14-15	NA	NA	NA	NA	NA
	18:00-18:30	WJ14-15	NA	NA	WJ & J 16-18	WJ & J 16-18	Available
	18:30-19:00	VM & SM	NA	NA	WJ & J 16-18	WJ & J 16-18	Available
	19:00-19:30	VM & SM	NA	NA	WJ & J 16-18	SW	ML & Dev Women
	19:30-20:00	VM & SM	NA	NA	WJ & J 16-18	SW	ML & Dev Women
	20:00-20:30	VM & SM	NA	NA	NA	NA	NA
	20:30-21:00	VM & SM	NA	NA	NA	NA	NA
Friday	17:00-17:30	J14-15	NA	NA	NA	NA	NA
	17:30-18:00	J14-15	NA	NA	NA	NA	NA
	18:00-18:30	Club	NA	NA	WJ & J 16-18	WJ & J 16-18	NA
	18:30-19:00	Club	NA	NA	WJ & J 16-18	WJ & J 16-18	NA
	19:00-19:30	Club	NA	NA	WJ & J 16-18	WJ & J 16-18	NA
	19:30-20:00	Club	NA	NA	NA	NA	NA
	20:00-20:30	Club	NA	NA	NA	NA	NA
	20:30-21:00	Club	NA	NA	NA	NA	NA

Key	
J Beg	Adrian
WJ14-15	Huw
J14-15	Liam
WJ & J 16-18	Katerina
Rec & Adaptive	Recreational & Adaptive
VM & SM	Vet Men & Senior Men
SW & ML	Snr Women & Masters Ladies
Club	Club open session
NA	Not Available