

Squad Timetable October 2024

		Silver/ Gold	Bronze
Mon	30.9	6:00-9:00am	6:30-8.00am
Tues	1.10	6:00-9:00am	6:30-8.00am
Wed	2.10	6:00-9:00am	6:30-8.00am
Thurs	3.10	6:00-9:00am	6:30-8.00am
Fri	4.10	PORT MACQUARIE	
Sat	5.10	PORT MACQUARIE	
Sun	6.10	PORT MACQUARIE	
Mon	7.10	PUBLIC HOLIDAY	PUBLIC HOLIDAY
Tues	8.10	6:00-9:00am	6:30-8.00am
Wed	9.10	6:00-9:00am	6:30-8.00am
Thurs	10.10	6:00-9:00am	6:30-8.00am
Fri	11.10	6:00-9:00am	6:30-8.00am
Sat	12.10	8.30-11.30am	
Sun	13.10		
Mon	14.10	6:00-8:00am	
Tues	15.10	6:00-8:00am	6:00-7:30am & 3:45pm-5:00pm
Wed	16.10	3.00-6.00pm	
Thurs	17.10	6:00-8:00am & 3:00-5:00pm	6:00-7:30am & 3:45pm-5:00pm
Fri	18.10	6.00-8.00am	
Sat	19.10	8.30-11.30am	
Sun	20.10		
Mon	21.10	6:00-8:00am & 3.00-6.00pm	
Tues	22.10	6:00-8:00am & 3.00-5.00pm	6:00-7:30am & 3:45pm-5:00pm
Wed	23.10		
Thurs	24.10	6:00-8:00am & 3:00-5:00pm	6:00-7:30am & 3:45pm-5:00pm
Fri	25.10	6.00-8.00am	
Sat	26.10	8.30-11.30am	