

## Squad Timetable November 2024

		Silver/ Gold	Bronze
Mon	28.10	6:00-8:00am & 3.00-6.00pm	6:00-7:30am & 3:45pm-5:00pm
Tues	29.10	6:00-8:00am & 3.00-5.00pm	6:00-7:30am & 3:45pm-5:00pm
Wed	30.10		
Thurs	31.10	6:00-8:00am & 3:00-5:00pm	6:00-7:30am & 3:45pm-5:00pm
Fri	1.11	<b>TAREE</b>	
Sat	2.11	<b>TAREE</b>	
Sun	3.11		
Mon	4.11	3:45-5:30pm	3:45pm-5:00pm + <b>CLUB NIGHT</b>
Tues	5.11	6:00-8:00am & 3.00-5.00pm	6:00-7:30am & 3:45pm-5:00pm
Wed	6.11	3.00-6.00pm	
Thurs	7.11	6:00-8:00am & 3:00-5:00pm	6:00-7:30am & 3:45pm-5:00pm
Fri	8.11	6.00-8.00am	
Sat	9.11	8.30-11.30am	
Sun	10.11		
Mon	11.11	6:00-8:00am & 3.00-6.00pm	6:00-7:30am & 3:45pm-5:00pm
Tues	12.11	6:00-8:00am & 3.00-5.00pm	6:00-7:30am & 3:45pm-5:00pm
Wed	13.11	3.00-6.00pm	
Thurs	14.11	6:00-8:00am & 3:00-5:00pm	6:00-7:30am & 3:45pm-5:00pm
Fri	15.11	6.00-8.00am	
Sat	16.11	8.30-11.30am	
Sun	17.11		
Mon	18.11	6:00-8:00am & 3.00-6.00pm	6:00-7:30am & 3:45pm-5:00pm + <b>CLUB NIGHT</b>
Tues	19.11	6:00-8:00am & 3.00-5.00pm	6:00-7:30am & 3:45pm-5:00pm
Wed	20.11		
Thurs	21.11	6:00-8:00am & 3:00-5:00pm	6:00-7:30am & 3:45pm-5:00pm
Fri	22.11	6.00-8.00am + <b>CVSA</b>	
Sat	23.11	<b>CVSA</b>	
Sun	24.11	<b>CVSA</b>	
Mon	25.11	3.00-6.00pm	3:45pm-5:00pm
Tues	26.11	6:00-8:00am & 3.00-5.00pm	6:00-7:30am & 3:45pm-5:00pm
Wed	27.11	3.00-6.00pm	
Thurs	28.11	6:00-8:00am & 3:00-5:00pm	6:00-7:30am & 3:45pm-5:00pm
Fri	29.11	6.00-8.00am	
Sat	30.11	8.30-11.30am	