

Christmas Squad Timetable

The sessions below are for Friday 27 December to Sunday 5 January 2025. Development and Fitness squad will be suspended for this period only.
The Christmas BBQ will be held at 8.30am on Monday 23 December 2024.

**Combined dryland activities

| GOLD | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|------|---------------|---------------|---------------|---------------|---------------|---------------|
| AM | 5.00 - 7.00am | 5.00 - 7.00am | 5.00 - 7.00am | 5.00 - 7.00am | 5.00 - 7.00am | 5.00 - 7.00am |
| PM | 4.00 - 6.00pm | 4.00 - 6.00pm | 4.00 - 6.00pm | 4.00 - 6.00pm | 4.00 - 6.00pm | |

Sessions available: 11

| SILVER | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|---------------|---------------|---------------|---------------|---------------|---------------|
| AM | 5.00 - 6.45am | 5.00 - 6.45am | 5.00 - 6.45am | 5.00 - 6.45am | 5.00 - 6.45am | 5.00 - 6.45am |
| PM | 4.00 - 5.45pm | 4.00 - 5.45pm | 4.00 - 5.45pm | 4.00 - 5.45pm | 4.00 - 5.45pm | |

Sessions available: 11

| BRONZE | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|---------------|---------------|-----------------|---------------|---------------|---------------|
| AM | 6.45 - 8.00am | 6.45 - 8.00am | 6.45 - 8.00am** | 6.45 - 8.00am | 6.45 - 8.00am | 6.45 - 8.00am |
| PM | 5.30 - 6.45pm | 5.30 - 6.45pm | 5.30 - 6.45pm | 5.30 - 6.45pm | | |

Sessions available: 11