**WEEKLY TRAINING SCHEDULE**

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| **Session** | **Ability** | **Time** | **Venue** |
| **Monday** | **Junior & Development** | **7.00pm -9.00pm** | **Kingsway** |
| **Monday** | **Intermediate & Senior** | **7.00pm – 9.00pm** | **Kingsway** |
| **Tuesday** | **Senior – Invitation Only** | **7.00pm – 9.00pm** | **Kingsway** |
| **Wednesday** | **Junior & Development** | **6.30pm – 8.30pm** | **Kingsway** |
| **Wednesday** | **Intermediate & Senior** | **6.30pm – 8.30pm** | **Kingsway** |
| **Thursday** | **Senior – Invitation Only** | **7.00pm – 9.00pm** | **Kingsway** |
| **Friday** | **Junior & Development** | **5.00pm – 6.00pm** | **Kingsway** |
| **Friday** | **Intermediate & Senior** | **6.00pm – 8.00pm** | **Kingsway** |
| **Sunday** | **Senior – Invitation Only** | **9.00am – 11.00am** | **Picton** |
| **Sunday** | **Junior, Development & Intermediate** | **5.00pm – 7.00pm** | **Kingsway** |