

July Holiday Training Schedule

MG TRAINING SCHEDULE

MEN'S TRAINING SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
July						2nd	Morning
MG Teal						8 - 12pm	Training
						Yusuf	
MG Silver							
JD Teal							
JD Silver							
MG Teal							Afternoon
MG Silver						12 - 3pm	Training
						Jason	
JD Teal						12 - 3pm	
						Matt A	
JD Silver						12 - 3pm	
						Matt A	
	4th	5th	6th	7th	8th	9th	Morning
MG Teal	7 - 9.00		7.00 - 9.00		7.00 - 9.00	8.00 - 1.00	Training
	Yusuf		Yusuf		Yusuf	Yusuf	
MG Silver	7 - 9.00				7 - 9.00		
	Jason				Jason		
JD Teal		7 - 9.00					
		Jason					
JD Silver		7 - 9.00					
		Jason					
MG Teal	3.30-6.30		3.30-6.30	3.30-6.30			Afternoon
	Yusuf		Yusuf	Yusuf			Training
MG Silver	3.30-6.30		3.30-6.30				
	Jason		Jason				
JD Teal		3.30 - 6.00		3.00 - 6.00			
		Jason		Jason			
JD Silver		3.30 - 6.00		3.00 - 6.00			
		Jason		Jason			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	11th	12th	13th	14th	15th	16th	Morning
MG Teal	7.00 - 10.00	National					Training
	Yusuf	Champs					
MG Silver	7.00 - 9.00				7.00 - 9.00		
	Jason				Jason		
JD Teal		7.00 - 9.00					
		Jason					
JD Silver		7.00-9.00					
		Jason					
MG Teal	3.00 - 6.00	National					Afternoon
	Yusuf	Champs					Training
MG Silver	3.00 - 6.00		3.00 - 6.30				
	Jason		Jason				
JD Teal		3.00 - 6.00		3.00 - 5.00			
		Jason		Jason			
JD Silver		3.00 - 6.00		3.00 - 5.00			
		Jason		Jason			

