TRAINING CALENDAR 2019/20

Normal training times are:

Sunday  
11.30-12.30 Land Training  
1-3.30 Pool Training

Monday  
7.30-8.30 Prior Park Stamina Pool Training   
Gp A and Gp B alternate weeks as per separate calendar

Wednesday  
6-6.45 Land Training  
7-8 Pool Training

Christmas holidays 16 Dec-5 Jan – first session 2020 January 6.  
Easter holidays TBC  
Last training date 19/20 season – July x TBC