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