

# Squad Training Session Timetable - September 2023

All Pool Training is at Inspire except for Masters Sessions on Wednesday Evening, Saturday and Sunday Morning

All Land Training is at Inspire in the Main Hall (please arrive at least 10 Minutes before start of session)

	<i>Monday AM</i>	<i>Monday PM</i>	<i>Tuesday AM</i>	<i>Tuesday PM</i>	<i>Wednesday AM</i>	<i>Wednesday PM</i>	<i>Thursday PM</i>	<i>Friday AM</i>	<i>Friday PM</i>	<i>Saturday AM</i>	<i>Sunday AM/PM</i>
<b>Performance</b>	Pool 5.30am to 7.00am	Land Training 6.15pm to 6.45pm Pool 7.00pm to 9.00pm				Pool 7.00pm to 9.00pm	Pool 7.00pm to 9.00pm	Pool 5.30am to 7.00am	Land Training 5.15pm to 5.45pm Pool 6.00pm to 8.00pm		Network Invitation Only 4.15pm to 6.30pm
<b>Competitive</b>		Land Training 6.15pm to 6.45pm Pool 7.00pm to 9.00pm					Pool 7.00pm to 9.00pm		Land Training 5.15pm to 5.45pm Pool 6.00pm to 8.00pm		
<b>Competitive Development</b>		Land Training 6.15pm to 6.45pm Pool 7.00pm to 9.00pm					Pool 6.00pm to 7.00pm		Land Training 5.15pm to 5.45pm Pool 6.00pm to 7.00pm		
<b>Academy 4</b>		Land Training 6.15pm to 6.45pm Pool 7.00pm to 9.00pm				Pool 7.00pm to 9.00pm	Pool 7.00pm to 9.00pm		Land Training 5.15pm to 5.45pm Pool 6.00pm to 8.00pm		
<b>Academy 3</b>		Pool 7.00pm to 9.00pm		Pool 7.00pm to 8.00pm			Pool 7.00pm to 9.00pm		Land Training 5.15pm to 5.45pm Pool 6.00pm to 7.00pm		
<b>Academy 2</b>				Land Training 5.15pm to 5.45pm Pool 6.00pm to 8.00pm			Pool 6.00pm to 7.00pm		Pool 7.00pm to 8.00pm		
<b>Academy 1</b>				Land Training 5.15pm to 5.45pm Pool 6.00pm to 7.00pm			Pool 5.00pm to 6.00pm				
<b>Masters &amp; Senior Age Group</b>			Pool 5.30am to 7.00am		Pool 5.30am to 7.00am	Lewsey 7.30pm to 8.30pm	Pool 7.00pm to 9.00pm			Lewsey 8.00am to 9.00am	Lewsey 8.00am to 9.00am