

Training schedule April 2019

	Squad 1	Squad 2	Squad 3	Squad 4	Squad 5	Squad 6	Squad 7	SSS	Club Fit	Masters
Monday										
AM										
PM	6-8 Stonyhurst	6-8 Stonyhurst	7-8 WV	6-7 WV	5-6 WV			8-9.30 WV		
Tuesday										
AM	5-7 FLC	5-7 FLC								6-7 WV
PM	7.30 -9 WV Land 6.30-7.15pm	6-7.30 WV						8-10 FLC		
Wednesday										
AM										
PM	6-8 WV			5-6 WV				8-9.30 FLC		
Thursday										
AM	5-7 WV	5-7 WV								6-7 WV
PM	6-8 FLC	6-7.30 WV	7.30-9 WV							
Friday										
AM										
PM	6-8 WV Land 5-5.45pm	4.30-6 WV	7-8 FLC					8-9.30 WV	8-9 FLC	
Saturday										
AM	6-8 FLC Land 8.15-9am	6-8 WV Land 8.15-9am	6-8 WV Land 8.15-9am	6-7 FLC	7-8 FLC					
Sunday										
PM			4-6 FLC	6-7.30 WV	6-7.30 WV	5-6 WV	5-6 WV		4-5 WV	