

Pro

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5 - 7 B/R	5 - 7 B/R		5 - 7 B/R	5 - 7 B/R	8.15 - 10.15 B/R	
5 - 6.30 B/R	6.30 - 8 B/R		5 - 6.30 B/R	7 - 9 UCD		
		GYM			GYM	

GYM: Wednesday Stradbroom 5.15 - 6.15pm. Saturday Stradbroom 7 - 8am

Age

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5.30 - 7 N/P		5.30 - 7 N/P		5.30 - 7 N/P	8 - 10 N/P	
	5 - 6.30 N/P		5.15 - 6.45 N/P	5 - 6.30 B/R		
		GYM			GYM	

GYM: Wednesday Stradbroom 7 - 7.45pm. Saturday Newpark 7 - 7.45am.

Jun Perf

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			6 - 7 N/P		6.30 - 8 N/P	
8 - 9 N/P	5 - 6.30 B/R		6.45 - 8.15 N/P	6.30-7.30 B/R		
		GYM				

GYM: Wednesday Stradbroom 6.15 - 7pm.

Pathway

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		6 - 7 B/R			6.45 - 8.15 B/R	
	4 - 5 N/P	6.15 - 7.45 N/P				5.15 - 6.15 B/R

Competitive

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5.45 - 7 N/P					8.30 - 10 N/P
			8.15 - 9.15 N/P	7.50 - 8.50 L/T		

Teen

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						10 - 11 N/P
				7.50 - 8.50 L/T	6.15 - 7.15 B/R	

Junior A

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	4.45 - 5.45 L/T	5.45 - 6.45 L/T			4 - 5.15 B/R	4 - 5.15 B/R

Junior B

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	4.45 - 5.45 L/T	4 - 5 B/R			5.15 - 6.15 B/R	

Junior C

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		5.45 - 6.45 L/T	6.30 - 7.15 B/R			

B/R = Blackrock

L/T = Loughlinstown

N/P = Newpark