

2019 Summer Training

22nd - 27th July inclusive

	Mon 22	Tue 23	Wed 24	Thu 25	Fri 26	Sat 27
NY	5:30-7:30		NT		5:30-7:00	6:30-8:00
	16:30-18:00	NT	17:30-19:30	NT	17:00-18:30	
NA	5:30-7:00		NT		5:30-7:00	6:30-8:00
	16:30-18:00	NT	17:30-19:30	NT	17:00-18:30	
M	5:30-7:00	NT	NT	NT		6:30-8:00
RY	5:30-7:00		NT			8:00-9:30
	20:00-21:00	NT	20:00-21:00	NT	18:30-19:30	
RA	19:00-20:00	NT	NT	NT	17:00-18:00	8:00-9:30
CY	5:30-7:00	NT		NT	NT	9:30-11:00
CA	NT	18:00-19:00	19:00-20:00	NT	17:00-18:00	9:30-11:00
JD1&2	18:00-19:30	17:00-18:00	NT	NT	NT	06:00-7:00
JD 3&4	18:30-19:30	NT	NT	NT	NT	NT
AA	NT	Switch > Fri or Sat	NT	NT	18:00-19:00	7:00-8:00

Sportspark Hewett Riverside

No land training during this timetable

Sportspark Pool closed for lining repairs Tue 23 - Thur 25 inc

NY & NA to attend all available sessions this week

Last session before summer timetable Saturday 27th July

2019 Summer Training

29th July - 3rd August inclusive

	Mon 29	Tue 30	Wed 31	Thu 1	Fri 2	Sat 3
NY	16:30-18:00	17:00-18:30		17:00-18:30		6:30-8:00
NA	16:30-18:00	17:00-18:30		17:00-18:30		6:30-8:00
M		18:30-19:30		20:30-21:30		6:30-8:00
RY	20:00-21:30	NT	19:00-20:00	20:00-21:30		8:00-9:30
RA	19:00-20:00	18:30-19:30	NT	18:30-20:00	17:00-18:00	8:00-9:30
CY	NT	18:30-19:30	NT	20:30-21:30	NT	NT
CA	18:00-19:00	NT	18:00-19:00	NT	17:00-18:00	NT
JD1&2	18:00-19:00	NT	NT	19:30-20:30	NT	NT
JD 3&4	18:00-19:00	NT	NT	18:30-19:30	NT	NT
AA	NT	Switch > Fri	NT	NT	18:00-19:00	NT

Sportspark **Hewett** **Riverside**

2019 Summer Training

5th - 10th August inclusive (Hewett Closed)

	Mon 5	Tue 6	Wed 7	Thu 8	Fri 9	Sat 10
NY	16:30-18:00	17:00-18:30		17:00-18:30		6:30-8:00
NA	16:30-18:00	17:00-18:30		17:00-18:30		6:30-8:00
M		18:30-19:30		20:30-21:30		6:30-8:00
RY	16:30-18:00	NT	NT	20:00-21:30		8:00-9:30
RA	NT	18:30-19:30	NT	18:30-20:00	NT	8:00-9:30
CY	NT	18:30-19:30	NT	20:30-21:30	NT	NT
CA	NT	18:30-19:30	NT	18:30-19:30	NT	NT
JD1&2	18:00-19:00	NT	NT	19:30-20:30	NT	06:00-7:00
JD 3&4	18:00-19:00	NT	NT	18:30-19:30	NT	NT
AA	NT	Switch > Sat	NT	NT	NT	7:00-8:00

Sportspark Hewett Riverside

2019 Summer Training

12th - 17th August inclusive

	Mon 12	Tue 13	Wed 14	Thu 15	Fri 16	Sat 17
NY	16:30-18:00	17:00-18:30		17:00-18:30		6:30-8:00
NA	16:30-18:00	17:00-18:30		17:00-18:30		6:30-8:00
M		18:30-19:30		20:30-21:30		6:30-8:00
RY	18:00-19:00	NT	17:00-19:00	20:00-21:30		8:00-9:30
RA	17:00-18:00	18:30-19:30	NT	18:30-20:00	17:00-18:00	8:00-9:30
CY	NT	18:30-19:30	NT	20:30-21:30	NT	NT
CA	NT	17:00-18:30	NT	NT	17:00-18:00	NT
JD1&2	18:00-19:00	NT	NT	19:30-20:30	NT	06:00-7:00
JD 3&4	18:00-19:00	NT	NT	18:30-19:30	NT	NT
AA	NT	Switch > Fri or Sat	NT	NT	18:00-19:00	7:00-8:00

Sportspark **Hewett** **Riverside**

2019 Summer Training

19th - 24th August inclusive

	Mon 19	Tue 20	Wed 21	Thu 22	Fri 23	Sat 24
NY	16:30-18:00	17:00-18:30		17:00-18:30		6:30-8:00
NA	16:30-18:00	17:00-18:30		17:00-18:30		6:30-8:00
M		18:30-19:30		20:30-21:30		6:30-8:00
RY	20:15-21:30	NT	18:00-20:00	20:00-21:30		8:00-9:30
RA	19:00-20:15	18:30-19:30	NT	18:30-20:00	19:00-20:00	8:00-9:30
CY	NT	18:30-19:30	NT	20:30-21:30	NT	NT
CA	18:00-19:00	NT	NT	NT	19:00-20:00	NT
JD1&2	18:00-19:00	NT	NT	19:30-20:30	NT	06:00-7:00
JD 3&4	18:00-19:00	NT	NT	18:30-19:30	NT	NT
AA	NT	Switch > Fri or Sat	NT	NT	18:00-19:00	7:00-8:00

Sportspark **Hewett** **Riverside**

2019 Summer Training

26th - 31st August inclusive

	Mon 26 BH	Tue 27	Wed 28	Thu 29	Fri 30	Sat 31
NY	NT	17:00-18:30		17:00-18:30		6:30-8:00
NA	NT	17:00-18:30		17:00-18:30		6:30-8:00
M	NT	18:30-19:30		20:30-21:30		6:30-8:00
RY	NT	NT	17:00-19:00	20:00-21:30		8:00-9:30
RA	NT	18:30-19:30	NT	18:30-20:00	17:00-18:00	8:00-9:30
CY	NT	18:30-19:30	NT	20:30-21:30	NT	NT
CA	NT	17:00-18:30	NT	NT	17:00-18:00	NT
JD1&2	NT	NT	NT	19:30-20:30	NT	06:00-7:00
JD 3&4	NT	NT	NT	18:30-19:30	NT	NT
AA	NT	Switch > Fri or Sat	NT	NT	18:00-19:00	7:00-8:00

Sportspark Hewett Riverside

Monday 2nd September return to normal training programme