

**Term 4 Timetable 2019**

	Squad	Monday	Coaches	Tuesday	Coaches	Wednesday	Coaches	Thursday	Coaches	Friday	Coaches	Saturday PARC	Coaches
<b>Morning</b>	<b>Performance</b>	5:30-7:30am	Gus	5:30-7:30am PARC	Gus	5:30-7:30am PARC	Gus	5:30-7:30am PARC	Gus	5:30-7:30am PARC	Gus	5:50-8:00am	Gus
	<b>Senior</b>		Gus	5:30-7:30am PARC	Gus	5:30-7:30am PARC	Gus		Gus	5:30-7:30am PARC	Gus	5:50-8:00am	Gus
	<b>Intermediate</b>	5:30-7:00am	Jack	5:30-7:00am PARC	Jack			5:30-7:00am PARC	Jack			5:50-8:00am	Jack
	<b>Junior</b>									<b>6:00-7:30am PARC</b>	Rachel	5:50-8:00am	Rachel/Cordy/Matt
	<b>Development</b>											7:00-8:00am	Rachel/Cordy/Matt
	<b>Fitness</b>	5:30-7:00am	Lisa/Gus				5:30-7:00am PARC	Lisa/Gus			5:30-7:00am PARC	Lisa/Gus	5:50-8:00am
<b>Please note all sessions in bold will be subject to change when the Pines Opens which will be Start of November</b>													
	Squad	Monday	Coaches	Tuesday	Coaches	Wednesday	Coaches	Thursday	Coaches	Friday	Coaches	Saturday	Coaches
<b>Afternoon</b>	<b>Performance</b>	<b>4:30-6:30pm</b>	Gus	<b>4:30-6:30pm PGS</b>	Gus			<b>4:30-6:30pm PGS</b>	Gus				
	<b>Senior</b>	<b>4:30-6:30pm</b>	Gus	<b>4:30-6:30pm PGS</b>	Gus			<b>4:30-6:30pm PGS</b>	Gus				
	<b>Intermediate</b>			4:15-6:15pm PARC	Jack	<b>5:30-7:30pm PARC</b>	Jack			<b>5:30-7:30pm PARC</b>	Jack		
	<b>Junior</b>	4:15-5:45pm	Rachel/Cordy			4:15-5:45pm PARC	Rachel	5:30-7:30pm PARC	Rachel/Cordy	4:15-5:45pm PARC	Rachel		
	<b>Development</b>	5:45-6:45pm	Rachel/Cordy	4:15-5:15pm PARC	Rachel			4:15-5:15pm PARC	Rachel/Cordy				
	<b>Fitness</b>					5:30-7:30pm PARC	Lisa			5:30-7:30pm PARC	Lisa		