

Flyers Squad Timetable													
		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Morning	Performance	5:30-7.30am	Gus	5:30-7.30am	Gus	5:30-7.30am	Gus	5:30-7.30am	Gus	5:30-7.30am	Gus	7:00-10:00am	Gus
	Senior			5:30-7.30am	Gus	5:30-7.30am	Gus	5:30-7.30am	Gus			7:00-10:00am	Gus
	Intermediate	5:30-7:00am	Jack	5:30-7:00am	Jack			5:30-7am	Jack			7:00-9:00am	Jack
	Junior									6:00-7:30am	Rach	9:00-11:00am	Rach
	Development											9:00-10:00am	Jamie
	MSFS	5.30-7:00am	Lisa			5.30-7:00am	Lisa			5:30-7:00am	Lisa		
Afternoon	Performance	5.30-7.30pm	Gus	4.15-7.30pm S&C+swim	Jayden&Gus			4:15-6:15pm	Gus				
	Senior	5:30-7:30pm	Gus	4.15-7.30pm S&C+swim	Jayden&Gus			4:15-6:15pm	Gus				
	Intermediate			5.30-7.30pm	Jack	5.30-7:30pm	Jack	4.30-5.30pm S&C	Jayden & Jac	4:15-6:15pm	Jack		
	Junior	4.15-5.45pm	Rach			4:15-5:45pm	Rach	5:30-7.30pm S&C+sw	Rach	6:00-7:30pm	Rach		
	Development	4.15-5.15pm	Jamie	4.15-5.15pm	Jamie			5:00-6:00pm	Jamie				
	MSFS					5:30-7:30pm	Lisa			5:30-7:30pm	Lisa		