

SENIOR SQUAD

2 JAN 2024 - 22 JAN 2024



	MON 01 JAN	TUE 02 JAN	WED 03 JAN	THU 04 JAN	FRI 05 JAN	SAT 06 JAN
AM	PUBLIC HOLIDAY NO SQUAD	Senior 5:30am - 7am		Senior 5:30am - 7am	Senior 5:30am - 7am	Senior 6am - 8am
PM		Senior 3.30pm - 5:30pm	Senior 3.30pm - 5:30pm	Senior 3.30pm - 5:30pm		
	MON 08 JAN	TUE 09 JAN	WED 10 JAN	THU 11 JAN	FRI 12 JAN	SAT 13 JAN
AM	Senior 5:30am - 7am	Senior 5:30am - 7am		Senior 5:30am - 7am	Senior 5:30am - 7am	Senior 6am - 8am
PM	Senior 3.30pm - 5:30pm	Senior 3.30pm - 5:30pm	Senior 3.30pm - 5:30pm	Senior 3.30pm - 5:30pm		
	MON 15 JAN	TUE 16 JAN	WED 17 JAN	THU 18 JAN	FRI 19 JAN	SAT 20 JAN
AM	Senior 5:30am - 7am	Senior 5:30am - 7am		Senior 5:30am - 7am	Senior 5:30am - 7am	Senior 6am - 8am
PM	Senior 3.30pm - 5:30pm	Senior 3.30pm - 5:30pm	Senior 3.30pm - 5:30pm	Senior 3.30pm - 5:30pm		
	MON 22 JAN	TUE 23 JAN	WED 24 JAN	THU 25 JAN	FRI 26 JAN	SAT 27 JAN
NEW SQUAD STRUCTURE - CHECK WEBSITE FOR MORE DETAILS						

JAN 2024