

GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	SESSIONS	COACH
ADVANCED		16:30 - 17:30 WCLC	16:30 - 17:30 WCLC					2	GILLIAN
D SQUAD	16:30 - 18:30 WCLC		17:30 - 19:00 WCLC	18:00 - 19:00 St Johns				3	JANET GILLIAN
C SQUAD	19:00 - 20:30 St Johns		18:30 - 20:30 WCLC	19:00 - 20:30 St Johns				3	CARLA JOANNE
B SQUAD	16:30 - 18:30 WCLC	16:30 - 18:30 WCLC	18:30 - 20:30 WCLC	16:30 - 18:30 WCLC	18:30 - 19:30 WCLC			4	JOANNE
A SQUAD	16:30 - 18:30 WCLC	16:30 - 18:30 WCLC	16:30 - 18:30 WCLC	16:30 - 18:30 WCLC	18:30 - 19:30 WCLC			5	CARLA
MASTERS	19:30 - 20:30 WCLC	19:30 - 21:00 St Johns	19:00 - 20:30 WCLC	19:00 - 20:30 St Johns				4	FRANK
MORNING TRAINING	06:00 - 08:00 WCLC	06:00 - 08:00 WCLC	06:00 - 08:00 WCLC	06:00 - 08:00 WCLC				4	CARLA

 No Training

 Select Group

Beginning Monday 21st April 2008 until further notice. Changes due to refurbishment @ GLC

GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	SESSIONS	COACH
ADVANCED		16:30 - 17:30 WCLC	16:30 - 17:30 WCLC					2	GILLIAN
D SQUAD	16:30 - 18:30 WCLC		17:30 - 19:00 WCLC	18:00 - 19:00 St Johns				3	JANET GILLIAN
C SQUAD	19:00 - 20:30 St Johns		18:30 - 20:30 WCLC	19:00 - 20:30 St Johns				3	CARLA JOANNE
B SQUAD	16:30 - 18:30 WCLC	16:30 - 18:30 WCLC	18:30 - 20:30 WCLC	16:30 - 18:30 WCLC	18:30 - 19:30 WCLC			4	JOANNE
A SQUAD	16:30 - 18:30 WCLC	16:30 - 18:30 WCLC	16:30 - 18:30 WCLC	16:30 - 18:30 WCLC	18:30 - 19:30 WCLC			5	CARLA
MASTERS	19:30 - 20:30 WCLC	19:30 - 21:00 St Johns	19:00 - 20:30 WCLC	19:00 - 20:30 St Johns				4	FRANK
MORNING TRAINING		06:00 - 08:00 WCLC	06:00 - 08:00 WCLC	06:00 - 08:00 WCLC	06:00 - 08:00 WCLC			4	CARLA

 No Training

 Select Group

Beginning Monday 28th April 2008 until further notice. Changes due to refurbishment @ GLC