

SQUAD TRAINING SCHEDULE (WINTER)

24th April 2023 - 31st July 2023

JUNIOR SQUAD

MONDAY

3:30PM - 4:30PM

TUESDAY

3:30PM - 4:30PM

WEDNESDAY

3:30PM - 4:30PM

THURSDAY

3:30PM - 4:30PM

FRIDAY

6:30am - 7:30am

SATURDAY

8:00AM - 9:00AM

CLAYFIELD COMP SQUAD

MONDAY

5:30AM - 7:30AM
4:30PM - 6:00PM

TUESDAY

4:30PM - 6:00PM

WEDNESDAY

5:30am - 7:30am

4:30pm - 6:00pm

THURSDAY

4:30PM - 6:00PM

FRIDAY

5:30AM - 7:30AM

SATURDAY

6:00AM - 7:30AM

CLAYFIELD QG SQUAD

MONDAY

TUESDAY

6:00AM - 7:00AM

WEDNESDAY

THURSDAY

6:00AM - 7:00AM

FRIDAY

SATURDAY

ADULT SQUAD

MONDAY

5:30AM - 6:30AM

TUESDAY

6.00pm - 7.00pm

WEDNESDAY

5:30AM - 6:30AM

THURSDAY

6:00PM - 7:00PM

FRIDAY

5:30AM - 6:30AM

SATURDAY