

<p><u>Gold 1</u> Monday 5.30-7.30pm Tuesday 6.30-8.00am Thursday 5.45-7.45pm Friday 6.30-8.00am Sunday 9.00-11.00am</p>	<p><u>Gold 2</u> Wed 5.30-7.30pm Thurs 6.30-8.00am Thurs 5.45-7.45pm Fri 6.30-8.00am Sun 9.00-11.00am</p>
<p><u>Silver 1</u> Monday 5.30-7.30pm Thursday 5.45-7.45pm Friday 6.30-8.00am Sunday 9.00-11.00am</p>	<p><u>Silver 2</u> Monday 5.30-7.30pm Wednesday 6.30-7.30pm Thursday 5.45-6.45pm Sunday 9.00-11.00am</p>
<p><u>Bronze 1</u> Monday 6.30-7.30pm Tuesday 5.30-6.30pm Wednesday 6.30-7.30pm Sunday 9.00-11.00am</p>	<p><u>Bronze 2</u> Monday 5.30-6.30pm Tuesday 5.30-6.30pm Wednesday 6.30-7.30pm Thursday 6.45-7.45pm Sunday 9.45-11.00am</p>
<p><u>Skills</u> Saturday 8.15-9.00am and Sunday 9.00-9.45am</p>	