

October Holiday Training Calendar 2018

w/c	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 st October	5.30-7.30pm Performance U1&M&MS Skills 5.30-6.30pm L&LS 6.30-7.30pm	6.30-8.30am Performance U1&U2 5.30-7.30pm Performance M&MS&L&LS 5.30-6.30pm	5.30-7.30pm Performance U1+U2	6.30-8.30am Performance U1+U2 5.30-7.30pm Performance U2&M&MS Skills 5.30-6.30pm L&LS 6.30-7.30pm	Training as usual	NSA 10-12pm Performance	Off
8 th October	5.30-7.30pm Performance U1&M&MS Skills 5.30-6.30pm L&LS 6.30-7.30pm	6.30-8.30am Performance U1&U2 5.30-7.30pm Performance M&MS&L&LS 5.30-6.30pm	5.30-7.30pm Performance U1+U2	6.30-8.30am Performance U1+U2 5.30-7.30pm Performance U2&M&MS Skills 5.30-6.30pm L&LS 6.30-7.30pm	Training as usual	NSA 10-12pm Performance	Off