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| --- | --- | --- | --- | --- |
| **Group** | **Elite** | **A** | **Junior** | **Development** |
| **Mon** | 5.50 – 7.20pm |  |  |  |
| **Tues** | 5.45- 7.10am\* |  |  |  |
| **Wed** | 5.45- 7.10am \* | 5.50 – 7.20pm | 5.50 – 7.20pm |  |
| **Thurs** |  |  |  |  |
| **Fri** | 5.45- 7.10am\*  4.50 – 6.50pm | 3.45 – 4.45pm | 4.50 – 5.50pm |  |
| **Sat** | 5.45- 7.50am\* | 6.30 – 8.00pm | 6.30 – 7.30pm | 1. 1.00 – 1.40pm (Junior) 2. 1.45 – 2.25pm (Senior) |
| **Sun** | 7.30 – 9.55am\* |  |  |  |