

SLD Training timetable (effective 25 Jan 2021)

Hour	Monday		Tuesday		Wednesday		Thursday			Friday			Saturday			Sunday
	DORIAN	THEO	DORIA	N THEO	DORIAN	THEO	DOF	RIAN	THEO	DOF	RIAN	THEO	DOF	RIAN	THEO	
	MORNING		MORNING		MORNING		MORNING			MORNING			MORNING			
5.30 - 5.45																
5.45 - 6.00	Gold Senior Fitness	Bronze				Silver			Silver	Go	old	Bronze				
6.00 - 6.15			Blob	Silver												
6.15 - 6.30			Ö	Silver		Silver										
6.30 - 6.45			3													
6.45 - 7.00	3,		ا ا													
7.00 - 7.15														10		
7.15 - 7.30														Senior Fitness		
7.30 - 7.45														Fit		
7.45 - 8.00													Plob	ior	Silver	
8.00 - 8.15													Ö	Sen	Silvei	
8.15 - 8.30														•,		
8.30 - 8.45																
8.45 - 9.00																
	AFTERNOON/ EVENING TRAINING		AFTERNOON/ EVENING TRAINING		AFTERNOON/ EVENING TRAINING		AFTERNOON/ EVENING TRAINING **		AFTERNOON/ EVENING TRAINING							
16.00 - 16.15																
16.15 - 16.30		Minnows/ Junior	Minnow		Marlins	Minnows/ Junior Fitness	Minnows/ Junior Fitness		Marlins	9						
16.30 - 16.45	Marlins		Junior	Marline												
16.45 - 17.00		Fitness	Fitness								ess					
17.00 - 17.15										Plob	Senior Fitness	Silver				
17.15 - 17.30											or					
17.30 - 17.45											eni					
17.45 - 18.00		Senior Fitness	Gold Senior Fitness		Bronze	Silver	<u>0</u>	Senior Fitness	Bronze		S					
18.00 - 18.15	ess			Bronze			Gold									
18.15 - 18.30	Gold Fitnes		3	T O II O						Marlins						
18.30 - 18.45	ior															
18.45 - 19.00	eni															
19.00 - 19.15	-01															