## **National Performance**

|   | reactional r cironnal  |   |
|---|------------------------|---|
| Monday                                    | 5:20am – 7:30am        | 4:30pm - 7:00pm   |
| Tuesday                                   | 5:20am – 7:30am        | 4:30pm – 7:00pm   |
| Wednesday                                 | 7:00am-9:00am          | 4:30pm - 7:00pm   |
| Thursday                                  | 5:20am – 7:30am        | 4:30pm - 7:00pm   |
| <i>,</i><br>Friday                        | 5:20am – 7:30am        | 4:30pm - 6:30pm*  |
| Saturday                                  | 6:00am – 9:00am        | ·   |
| *Spin-cycle class + pool session          |                        |   |
|   | <b>Junior National</b> |   |
| Monday                                    | 5:20am – 7:30am        | 5·20nm – 7·20nm   |
| Monday<br>Tuesday                         | 5:20am – 7:30am        | 5:30pm – 7:30pm<br>4:30pm – 7:00pm – <u>Invite Only</u> |
| •   |                        | 5:30pm – 7:30pm   |
| Wednesday                                 | 5:20am – 7:30am        |   |
| Thursday<br>Friday                        | 5:20am – 7:30am        | 4:50pm – 6:30pm   |
| •   | 6:00am – 9:00am        | 5:30pm – 7:30pm   |
| Saturday *Spin-cycle class + pool session | 6:00am – 9:00am        |   |
| Spiii-cycle class + pool session          | National Development   | Squad   |
|   | rational Bevelopment   | Janua   |
| Monday                                    | 5:20am – 7:30am        | 6:30pm – 7:30pm   |
| Tuesday                                   | 5:20am – 7:30am        |   |
| Wednesday                                 | 5:20am – 7:30am        | 6:30pm – 7:30pm   |
| Thursday                                  | 5:20am – 7:30am        | 4:30pm – 7:00pm – <u>Invite Only</u>                    |
| Friday                                    | 5:20am – 7:30am        | 6:30pm – 7:30pm   |
| Saturday                                  | 6:00am – 8:00am        |   |
|   |                        |   |
|   |                        |   |
|   | Aussie Surf Squa       | d   |
| Monday                                    | 5:20am – 7:30am        | 6:20pm – 7:30pm   |
| Tuesday                                   | 5:20am - 7:30am        |   |
| Wednesday                                 | 5:20am – 7:30am        | 6:20pm – 7:30pm   |
| Thursday                                  | 5:20am – 7:30am        |   |
| Friday                                    | 5:20am – 7:30am        | 6:20pm – 7:30pm   |
| Saturday                                  | 6:00am – 8:00am        |   |
|   | Development Squa       | ad  |
|   | Development Sque       | u va  |
| Monday                                    |                        | 4:50pm – 6:30pm*  |
| Tuesday                                   | 5:20am – 7:30am        | 4:50pm – 6:30pm*  |
| Wednesday                                 |                        | 4:50pm – 6:30pm*  |
| _, ,                                      |                        |   |

5:20am - 7:30am

6:00am - 8:00am

4:30pm - 7:00pm - <u>Invite Only</u>

4:50pm - 6:30pm\*

Thursday

Saturday

Friday

<sup>\*6:30</sup>pm – 7:00pm Land training per coaches discretion

## Intermediate Squad

| Monday    |                 | 4:50pm – 6:30pm* |
|-----------|-----------------|------------------|
| Tuesday   |                 | 4:50pm – 6:30pm* |
| Wednesday | 5:20am – 7:30am | 4:50pm – 6:30pm* |
| Thursday  |                 | 4:50pm – 6:30pm* |
| Friday    |                 | 4:50pm – 6:30pm* |

Saturday 6:00am – 8:00am \*6:30pm – 7:00pm Land training per coaches discretion

## Junior Squad (Gold, Silver, Bronze)

| Monday    | 4:00pm – 5:00pm |
|-----------|-----------------|
| Tuesday   | 4:00pm – 5:00pm |
| Wednesday | 4:00pm – 5:00pm |
| Thursday  | 4:00pm – 5:00pm |
| Friday    | 4:00pm – 5:00pm |

Saturday 8:00am – 9:00am