

National Performance

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
Friday	5:20am – 7:30am	4:30pm - 6:30pm*
Saturday	6:00am – 9:00am	

**Spin-cycle class + pool session*

Junior National

Monday	5:20am – 7:30am	5:30pm – 7:30pm
Tuesday	5:20am – 7:30am	4:30pm – 7:00pm – <u>Invite Only</u>
Wednesday	5:20am – 7:30am	5:30pm – 7:30pm
Thursday		4:50pm – 6:30pm
Friday	5:20am – 7:30am	5:30pm – 7:30pm
Saturday	6:00am – 9:00am	

**Spin-cycle class + pool session*

National Development Squad

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 Squad

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 Squad

Monday		4:50pm – 6:30pm*
Tuesday	5:20am – 7:30am	4:50pm – 6:30pm*
Wednesday		4:50pm – 6:30pm*
Thursday	5:20am – 7:30am	4:30pm – 7:00pm – <u>Invite Only</u>
Friday		4:50pm – 6:30pm*
Saturday	6:00am – 8:00am	

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

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	