

ASC Modified Training Schedule

11.4.14 to 28.4.14

			JUNIORS	INTERS/DEVOS	NATS/State Age		SUFIT
Friday	11/04/2014	AM	OFF	OFF	OFF	OFF	OFF
		PM	4 TO 5 pm	5 TO 6.30 pm	5.30 TO 7.30	5.30 TO 7.30	6.30 TO 7.30
		Coach	Luke/Emma	Tiff	Emma	Emma	Luke
Saturday	12/04/2014	AM	8 TO 9AM	6 TO 8 AM	6 TO 8 AM	6 TO 8 AM	8 TO 9AM
		PM	OFF	OFF	OFF	OFF	OFF
		Coach	Emma/Tiff	Tiff	Emma		Emma/Tiff
Sunday	13/04/2014	AM	OFF	OFF	OFF	OFF	OFF
		PM	OFF	OFF	OFF	OFF	OFF
		Coach					
Monday	14/04/2014	AM	OFF	OFF	OFF	OFF	OFF
		PM	4 TO 5 pm	5 TO 6.30 pm	5.30 TO 7.30	5.30 TO 7.30	6.30 TO 7.30
		Coach	Emma/Tiff	Tiff	Emma		Tiff
Tuesday	15/04/2014	AM	OFF	OFF	OFF	OFF	OFF
		PM	4 TO 5 pm	5 TO 6.30 pm	5 TO 7	5 TO 7	6 to 7
		Coach	Luke/Emma	Tiff	Emma		Luke
Wednesday	16/04/2014	AM	OFF	OFF	OFF	OFF	OFF
		PM	4 TO 5 pm	5 TO 6.30 pm	5.30 TO 7.30	5.30 TO 7.30	6.30 TO 7.30
		Coach	Tiff/Emma	Tiff	Emma		Tiff
Thursday	17/04/2014	AM	OFF	OFF	OFF	OFF	OFF
		PM	4 TO 5 pm	5 TO 6.30 pm	5 TO 7	5 TO 7	6 to 7
		Coach	Luke/Emma	Tiff	Emma		Luke
Friday Good Friday	18/04/2014	AM	OFF	OFF	OFF	OFF	OFF
		PM	OFF	OFF	OFF	OFF	OFF
		Coach	OFF	OFF	OFF	OFF	OFF
Saturday Easter	19/04/2014	AM	OFF	OFF	OFF	OFF	OFF
		PM	OFF	OFF	OFF	OFF	OFF
		Coach	OFF	OFF	OFF	OFF	OFF
Sunday Easter	20/04/2014	AM	OFF	OFF	OFF	OFF	OFF
		PM	OFF	OFF	OFF	OFF	OFF

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Monday	21/04/2014	AM	OFF	OFF	OFF	OFF	OFF
Easter Monday		PM	OFF	OFF	OFF	OFF	OFF
			OFF	OFF	OFF	OFF	OFF
Tuesday	22/04/2014	AM	OFF	OFF	OFF	OFF	OFF
		PM	4 TO 5 pm	5 to 6.30pm	5 to 7pm	5 to 7pm	6 to 7
		Coach	Luke/Emma	Tiff	Emma		Luke
Wednesday	23/04/2014	AM	OFF	OFF	OFF	OFF	OFF
		PM	4 TO 5 pm	5 TO 6.30 pm	5.30 TO 7.30	5.30 TO 7.30	6.30 TO 7.30
		Coach	Emma/Tiff	Tiff	Emma		Tiff
Thursday	24/04/2014	AM	OFF	OFF	OFF	OFF	OFF
		PM	4 TO 5 pm	5 to 6.30	5 to 7pm	5 to 7pm	6 to 7
			Luke/Emma	Tiff	Emma		Luke
Friday	25/04/2014	AM	OFF	OFF	OFF	OFF	OFF
Anzac Day		PM	OFF	OFF	OFF	OFF	OFF
			OFF	OFF	OFF	OFF	OFF
Saturday	26/04/2014	AM	8 TO 9AM	6 TO 8 AM	6 TO 8 AM	6 TO 8 AM	8 TO 9AM
		PM	OFF	OFF	OFF	OFF	OFF
		Coach	Tiff/Emma	Tiff	Emma		Tiff/Emma
Sunday	27/04/2014	AM	OFF	OFF	OFF	OFF	OFF
		PM	OFF	OFF	OFF	OFF	OFF
Monday	28/04/2014	AM	BACK TO NORMAL TRAINING SESSIONS				
		PM	BACK TO NORMAL TRAINING SESSIONS				

NO SPIN FRIDAY 11/4/14 18/4/14 25TH/4/14 2/5/14
 No Gym until 6/5/14