



## ANACONDA TIMETABLE

### Monday:

Venue	Time	Squad
Clissold	6:00-7:30	Performance
Clissold	6:00-7:30	Performance Plus
Clissold	6:00-7:30	Regional Age
LAC	19:00-21:00	Performance Plus
Clissold	18:30-20:30	Performance
Clissold	19:00-20:30	Regional Age
Clissold	19:00-20:30	Regional Development
Beacon	17:45-18:45	Academy
Beacon	18:45-20:00	Fitness
Cally	18:30-20:30	County 1
Cally	18:30-20:30	County 2

### Tuesday:

Venue	Time	Squad
Clissold	18:30-20:30	Performance Plus
Beacon	18:00-20:00	County 1
Beacon	18:00-20:00	County 2
Cally	18:30-19:30	Academy
Cally	18:30-19:30	Fitness
Cally	19:30-21:00	Regional Development
Cally	19:30-21:00	Regional Age

### Wednesday:

Venue	Time	Squad
Beacon	17:45-19:00	Academy
Beacon	19:00-21:00	Performance Plus
Beacon	19:00-21:00	Performance
LAC	18:00-21:00	Regional Age *
Cally	18:30-20:00	County 1

Note: Regional Age \*

\* Land-based training includes an hour session before pool time:

(Gym) 18:00-19:00

(Swim) 19:00-21:00

### Thursday:

Venue	Time	Squad
Clissold	6:00-7:30	Performance
Clissold	6:00-7:30	Performance Plus
Clissold	6:00-7:30	Regional Development
Clissold	17:30-19:00	Performance
Clissold	19:00-21:00	Performance Plus
Beacon	17:45-18:45	Academy
Beacon	18:45-20:30	Regional Age
Beacon	18:45-20:30	Regional Development
Cally	18:30-20:00	County 2

### Friday:

Venue	Time	Squad
Beacon	17:45-19:00	County 1
Beacon	17:45-19:00	County 2
Beacon	19:00-21:00	Performance Plus
Beacon	19:00-21:00	Performance
Clissold	19:00-21:00	Regional Age
Clissold	19:30-21:00	Regional Development

### Saturday:

Venue	Time	Squad
Beacon	11:00-12:00	Fitness
Beacon	11:00-12:00	Academy
Clissold	7:00-9:00	Performance Plus
Clissold	7:00-9:00	Performance

### Sunday:

Venue	Time	Squad
Beacon	11:00-12:00	Academy
Cally	13:00-14:30	County 1
Cally	13:00-14:30	County 2
Cally	13:00-14:30	Fitness
Cally	14:30-16:30	Regional Age
Clissold	16:30-18:00	Regional Development
Cally	14:30-16:30	Performance
Cally	14:30-16:30	Performance Plus