	Week 1- 20th-26th June						
	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
AM	As Normal						LC- NAC
PM							

	Week 2- 27th Jun-3rd July						
AM	5.30-7.30 T					6.30-8.30 T	LC- NAC
PM		7-8.30 A-3	6-8 A- 3	6-8 A- 3	5-7 T		

	Week 3- 4th-10th July						
AM			9-11 T		5.30-7.30 T	8-10 T	
PM	5-7 T	7-8.30 A- 3		6-8pm A- 2			1-3 A
				Irish Age Groups- NAC			

	Week 4- 11th- 17th July					
AM		Centres Closed				
PM	1-3 A		6-8 A- 2	6-8 A	1-3 A	5-7 T

	Week 5- 18th- 24th July						
AM	9-11 T						
PM		6-8 T					
			Irish Youth and Senior Championships				

A = Avoniel, T = Templemore

Please note Friday 1st July has changed to 5.30-7.30 am due to band parades in east belfast!!