Fri 29th	Avoniel 5.30-7.30 am			
Sat 30th	Templemore 6.30-8.30 am			
Sun 1st	Templemore 5-7 pm			
Mon 2nd	Templemore 5-7 pm			
Tues 3rd	Avoniel 7-8.30 pm (3 lanes)			
Wed 4th	Avoniel 7-8.30 pm (3 lanes)			
Thurs 5th	Avoniel 7-8.30 pm (1 lane)			
Fri 6th	Templemore 5-7pm			
Sat 7th	Templemore 6.30-8.30 am			
Sun 8th	Templemore5-7 pm			
Mon 9th	Templemore 6-7 pm			
Tues 10th	Avoniel 7-8 pm (1 lane)			
Wed 11th	Avoniel 7-8 pm (1 lane)			