# Christmas Training - All Squads

## National and NAG

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|---|---|---|
| | 23rd Dec | 24th Dec | 25th Dec | 26th Dec | 27th Dec | 28th Dec | 29th Dec |
| AM | TMORE as Normal | TMORE 8am - 11am | OFF | OFF | TMORE 7.30-10am | TMORE 7.30-10am | OFF |
| PM | TMORE 5pm-7pm | OFF | OFF | OFF | OFF | TMORE 4pm-6.30pm | As Normal |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|---|---|---|
| | 30th Dec | 31st Dec | 1st Jan | 2nd Jan | 3rd Jan | 4th Jan | 5th Jan |
| AM | TMORE 7.30-10am | TMORE 8.30-11am | OFF | TMORE 5.30-7.30 | As Normal | As Normal | OFF |
| PM | TMORE 4pm-6.30pm | OFF | TMORE 4pm- | OFF | OFF | OFF | As Normal |

## Silver and Bronze

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|---|---|---|
| | 23rd Dec | 24th Dec | 25th Dec | 26th Dec | 27th Dec | 28th Dec | 29th Dec |
| AM | OFF | OFF | OFF | OFF | OFF | AVONIEL 7.30-9am | OFF |
| PM | A'NEIL Silv-6-7.30PM | OFF | OFF | OFF | OFF | OFF | As Normal |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|---|---|---|
| | 30th Dec | 31st Dec | 1st Jan | 2nd Jan | 3rd Jan | 4th Jan | 5th Jan |
| AM | OFF | OFF | OFF | OFF | OFF | As Normal | OFF |
| PM | TMORE 6.30-7.30pm | OFF | OFF | TMORE 5-6PM | TMORE 5-6PM | OFF | As Normal |

## Gold and Sprint

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|---|---|---|
| | 23rd Dec | 24th Dec | 25th Dec | 26th Dec | 27th Dec | 28th Dec | 29th Dec |
| AM | OFF | OFF | OFF | OFF | OFF | OFF | OFF |
| PM | A'NEIL Spr-6-7.30PM | OFF | OFF | OFF | OFF | TMORE 6.30-7.30 | As Normal |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|---|---|---|
| | 30th Dec | 31st Dec | 1st Jan | 2nd Jan | 3rd Jan | 4th Jan | 5th Jan |
| AM | OFF | OFF | OFF | OFF | OFF | As Normal | OFF |
| PM | TMORE 7.30-8.30pm | OFF | OFF | TMORE 6-7PM | TMORE 6-7PM | OFF | As Normal |