BRONZE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	CHANGE
AM						7.30am - 9pm Avoniel Alison H/Ross		NONE
PM		5pm - 6pm Avoniel Ross G		5pm - 6pm Templemore Ross G			2.30pm - 4.00pm Templemore Ross G	

SILVER	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	CHANGE
AM						7.30am - 9pm Avoniel Robin H		NONE
PM		7pm - 8.30pm Avoniel Robin H		6pm - 7.30pm Avoniel Robin H	5pm - 6pm Templemore Robin H		12.30pm - 2.30pm Templemore Robin H	

GOLD	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	CHANGE
AM					5.30am - 7.30am Templemore Paul McF	6.30am - 8.30am Templemore Paul McF		NONE
PM		7pm - 8.30pm Avoniel Robin H	6pm - 7pm Avoniel Paul McF	6pm - 7.30pm Avoniel Paul McF	7pm - 8pm Templemore Paul McF			

NATIONAL/NAG	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	CHANGE
AM	5.30am - 7.30am Templemore Ross G	5.30am - 7.30am Templemore Ross G	5.30am - 7.30am Avoniel Ross G		5.30am - 7.30am Avoniel Ross G			NS and NAG combine and drop Saturday session at Templemore and Sunday Bangor. Keep Sunday evenings in Tmore for both. NAG gain mon pm ; NS gain Wed AM & PM and Fri AM
PM	6pm - 7.30pm Avoniel Ross G		7pm - 8.30pm Avoniel Ross G	7pm - 8.30pm Avoniel Ross G			5pm - 7pm Templemore Ross G	

SPRINT	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	CHANGE
AM					5.30am - 7am Templemore Paul McF			NONE
PM	6pm - 7.30pm Avoniel Ross G		7pm - 8.30pm Avoniel Paul McF	7.30pm - 8.30pm Avoniel Paul McF			6pm - 7pm Templemore Paul McF	

MASTERS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	CHANGE
AM		5.30am - 7.30am Templemore Ross G	5.30am - 7.30am Avoniel Ross G		5.30am - 7.30am Avoniel Ross G			Thursday am session dropped
PM							5pm - 6pm Templemore Ross G	

Wednesday Land Training for National and Sprint - 6pm to 7pm taken by Ross