

SENIOR GYM						
	4PM	5PM	6PM	7PM	8PM	
MON	EISM TRAINING		G16 HT1	X10 HT3	G16/18 HT2	
			G14 HT1		G16/18 HT1	
TUE	B16 HT5	B12 HT5	ASHWOOD		B18 HT3	
WED	EISM TRAINING		G10 HT1	B14 HT2	B16 HT2	
THUR	G12 HT1	B14 HT1	B12 HT3	B18 HT1		
	X10 HT1		B12 HT1			
JUNIOR GYM						
	4PM	5PM	6PM	7PM	8PM	
MON	EISM TRAINING		G10 HT2	ASHWOOD		B16 HT3
TUE	X08 HT1	X08 HT2	B12 HT4	B14 HT3	B14 HT4	
WED	EISM TRAINING		B18 HT2	B12 HT2	B16 HT4	
THUR		B16 HT1	X10 HT4	G14 HT2		G14 HT3
			X10 HT2			

















































































































































