

SENIOR GYM					
	4PM	5PM	6PM	7PM	8PM
MON	EISM TRAINING		G16 HT1	X10 HT3	G16/18 HT2
			G14 HT1		G16/18 HT1
TUE		B12 HT5		ASHWOOD	B16 HT5
					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		G12 HT2	G10 HT2	B16 HT3
					ASHWOOD
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			

