

January 2024 – “A” Group

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3	4	5	6	7
am		<b>WINTER BREAK TRAINING</b>				6:05 – 7:35 (3 lanes)	
pm	OFF	4:00 – 5:30 (3 lanes)	4:00 – 5:30 (3 lanes)	4:00 – 5:30 (3 lanes)	4:00 – 5:30 (3 lanes)		
	8	9	10	11	12	13	14
am		6:05 – 7:35 (6 lanes)		6:05 – 7:35 (6 lanes)		6:05 – 7:35 (3 lanes)	
pm	4:00 – 5:30 (3 lanes)		4:00 – 5:30 (3 lanes)	4:10-5:10 <b>Dry land (Leisure Centre)</b>	4:00 – 5:30 (3 lanes)		
	15	16	17	18	19	20	21
am		6:05 – 7:35 (6 lanes)		6:05 – 7:35 (6 lanes)		6:05 – 7:35 (3 lanes)	
pm	4:00 – 5:30 (3 lanes)		4:00 – 5:30 (3 lanes)	4:10-5:10 <b>Dry land (Leisure Centre)</b>	4:00 – 5:30 (3 lanes)		
	22	23	24	25	26	27	28
am		6:05 – 7:35 (6 lanes)		6:05 – 7:35 (6 lanes)			
pm	4:00 – 5:30 (3 lanes)		4:00 – 5:30 (3 lanes)	4:10-5:10 <b>Dry land (Leisure Centre)</b>	Mallards Winter LC Inv.	Mallards Winter LC Inv.	Mallards Winter LC Inv.
	29	30	31				
am		6:05 – 7:35 (6 lanes)					
pm	4:00 – 5:30 (3 lanes)		4:00 – 5:30 (3 lanes)				