

JANUARY 2024 – “B” Group

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