



Timetable 2024

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
6:00am		SPC 60 mins	ADP 60 mins		SPC 60 mins	ADP 60 mins	SPC 60 mins	
8:00am							RF Conditioning 60 mins	
9:30am		SPC 60 mins			SPC 60 mins		RF Club - WL 90 mins	
10:30am		SPC 60 mins			SPC 60 mins			
4:30pm	EP 60 mins	EP 60 mins	EP 60 mins	EP 60 mins				
5:30pm	ADP 60 mins	RF Club - PL 90 mins	ADP 60 mins					
6:00pm		SPC 60 mins		SPC 60 mins				
6:30pm	ADP 60 mins		ADP 60 mins	RF Cond. 45 mins				