

TRAINING SCHEDULE

Sydney Olympic Park - Homebush

In Grey: *January* sessions

In Yellow: *February* sessions

MONDAY	TUES.	WEDNESDAY	THU.	FRIDAY	SAT.	SUN.
23th January	24th	25th	26th	27th	28th	29th
NO TRAINING		NO TRAINING		WARM UP ARENA Basic Skills 4:00 - 5:00pm Academy No Training Advanced 5:30 - 7:30pm		
30th	31st	1st February	2nd	3rd	4th	5th
WILSON PARK Basic Skills 4:00 - 5:00pm Academy 5:00 - 7:00pm Advanced 5:30 - 8:00pm		WILSON PARK Basic Skills 4:00 - 5:00pm Academy 5:00 - 7:00pm Advanced 5:30 - 8:00pm		WILSON PARK Basic Skills 4:00 - 5:00pm Academy No Training Advanced 5:30 - 7:30pm		
6th	7th	8th	9th	10th	11th	12th
WARM UP ARENA Basic Skills 4:00 - 5:00pm Academy 5:00 - 7:00pm Advanced 5:30 - 8:00pm		WARM UP ARENA Basic Skills 4:00 - 5:00pm Academy 5:00 - 7:00pm Advanced 5:30 - 8:00pm		WILSON PARK Basic Skills 4:00 - 5:00pm Academy No Training Advanced 5:30 - 7:30pm		
13th	14th	15th	16th	17th	18th	19th
WARM UP ARENA Basic Skills 4:00 - 5:00pm Academy 5:00 - 7:00pm Advanced 5:30 - 8:00pm		WARM UP ARENA Basic Skills 4:00 - 5:00pm Academy 5:00 - 7:00pm Advanced 5:30 - 8:00pm		WILSON PARK Basic Skills 4:00 - 5:00pm Academy No Training Advanced 5:30 - 7:30pm		
20th	21st	22nd	23rd	24th	25th	26th
WARM UP ARENA Basic Skills 4:00 - 5:00pm Academy 5:00 - 7:00pm Advanced 5:30 - 8:00pm		COMPETITION ARENA (usual) Basic Skills 4:00 - 5:00pm Academy 5:00 - 7:00pm Advanced 5:30 - 8:00pm		COMPETITION ARENA (usual) Basic Skills 4:00 - 5:00pm Academy No Training Advanced 5:30 - 7:30pm		