

## LANE COVE TIMETABLE – WINTER 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Development</b>	(I) 3:30 - 4:05pm		(I) 3:30 - 4:05pm		(I) 3:30 - 4:05pm	
<b>Mini</b>	(I) 4:05 - 4:55pm	(I) 7:00 - 8:00am (I) 4:05 - 4:55pm	(I) 4:05 - 4:55pm	(I) 7:00 - 8:00am (I) 4:05 - 4:55pm	(I) 4:05 - 4:55pm	
<b>Junior</b>	(O) 4:00 - 5:00pm C (I) 4:55 - 5:55pm	(I) 7:00 - 8:00am (O) 4:00 - 5:00pm C (I) 4:55 - 5:55pm	<b>PR (I) 6:45 - 8:00am</b> (O) 4:00 - 5:00pm C (I) 4:55 - 5:55pm	(I) 7:00 - 8:00am (O) 4:00 - 5:00pm C (I) 4:55 - 5:55pm	<b>PR (I) 6:45 - 8:00am</b> (O) 4:00 - 5:00pm C (I) 4:55 - 5:55pm	(I) 7:00 - 8:00am
<b>Sprint</b>	(O) 4:30 - 6:00pm	(O) 4:30 - 6:00pm	(O) 4:30 - 6:00pm	(O) 4:30 - 6:00pm	(O) 4:30 - 6:00pm	
<b>BLUE</b>	(I) 5:30 - 7:00am (O) 4:30 - 6:00pm	(O) 4:30 - 6:00pm	(I) 5:30 - 7:00am (O) 4:30 - 6:00pm	(O) 4:30 - 6:00pm	(I) 5:30 - 7:00am (O) 4:30 - 6:00pm	(I) 6:00 - 7:30am
<b>GOLD</b>	(O/I) 5:30 - 7:15am	(O/I) 5:30 - 7:15am (O) 4:30 - 6:00pm	(O/I) 5:30 - 7:15am	(I) 5:30 - 7:15am (O) 4:30 - 6:00pm	(O/I) 5:30 - 7:15am (O) 4:30 - 6:00pm	(I) 6:00 - 7:30am
<b>Adult &amp; Fitness</b>	(O) 5:30 - 7:00am (O) 6:30 - 7:45pm	(O) 9:00 - 10:15am	(O) 5:30 - 7:00am	(O) 9:00 - 10:15am	(O) 5:30 - 7:00am	

**PR** = Piranha's: squad members will be notified (attendance is restricted to invitee's)

Mini & Junior C indoor PM sessions: bookings required

BLUE & GOLD Squad members must be LCSC Members