

# 2026-27 *training* schedule

**Tue**

**Juniors**  
Beginners

**Coach**  
Gary

**4:30-6pm**

**Womens**  
**Night**

**Coach**  
Eleanor

**6:30-8pm**

**Wed**

Open roll

**Senior**  
Sprint

**Coach**  
Sprint Squad

**6:30-8pm**

**Thu**

Open roll

**Juniors**  
Beginners

**Coach**  
Gary

**5-6:30pm**

**Senior**  
Endurance /  
Pain Train.  
*Swaps fortnightly*

**6:30-8pm**

**Fri**

Open roll

**Sat**

Open roll  
from **6pm**