

Saffron Seals Training Schedule 2024

Training Group		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Red	Senior 1	7.00-8.00pm	8.00-9.00pm		7.00-8.00pm	6.00-7.15pm	4.45-5.45pm	6.45-7.45am
	Senior 2	7.00-8.00pm	8.00-9.00pm		7.00-8.00pm	6.00-7.15pm	4.45-5.45pm	6.45-7.45am
	Senior 3	7.00-8.00pm	8.00-9.00pm		7.00-8.00pm	6.00-7.15pm	4.45-5.45pm	6.45-7.45am
	Junior	7.00-8.00pm	8.00-9.00pm		7.00-8.00pm	6.00-7.15pm	4.45-5.45pm	6.45-7.45am
White		6.00-7.00pm	7.00-8.00pm		6.00-7.00pm		5.30-6.30pm	
Blue			7.00-8.00pm			7.15-8.30pm	5.30-6.30pm	
Masters						7.15-8.30pm		
Black	A		7.00-8.00pm		6.00-7.00pm	7.15-8.30pm	5.30-6.30pm	
	B		7.00-8.00pm		6.00-7.00pm	7.15-8.30pm		7.45-8.45am
	C	6.00-7.00pm			6.00-7.00pm			7.45-8.45am
	Starter	6.00-7.00pm						7.45-8.45am