

Fri 29th June	Sat 30th June	Sun 1st July
normal morning training	07:00-09:00	
16:00-18:00		

Mon 2nd July	Tue 3rd July	Wed 4th July	Thu 5th July	Fri 6th July	Sat 7th July	Sun 8th July
	07:00-09:00	07:00-09:00		07:00-09:00		
16:00-18:00	16:00-18:00		16:00-18:00	16:00-18:00		

Mon 9th July	Tue 10th July	Wed 11th July	Thu 12th July	Fri 13th July	Sat 14th July	Sun 15th July
07:00-09:00		07:00-09:00		07:00-09:00	07:00-09:00	
16:00-18:00	16:00-18:00		16:00-18:00	16:00-18:00		

Mon 16th July	Tue 17th July	Wed 18th July	Thu 19th July	Fri 20th July	Sat 21st July	Sun 22nd July
07:00-09:00 09:15-10:00		07:00-09:00 09:15-10:00		07:00-09:00 09:15-10:00	07:00-09:00	
16:00-18:00	16:00-18:00		16:00-18:00	16:00-18:00		

Mon 23rd July	Tue 24th July	Wed 25th July	Thu 26th July	Fri 27th July	Sat 28th July	Sun 29th July
07:00-09:00		07:00-09:00			07:00-09:00	

16:00-18:00	16:00-18:00		16:00-18:00	16:00-18:00		
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Mon 27th Aug	Tue 28th Aug	Wed 29th Aug	Thu 30th Aug	Fri 31st Aug	Sat 1st Sept	Sun 2nd Sept
		07:00-09:00		07:00-09:00		
	16:00-18:00		16:00-18:00			