

Elite		
Mon	05.15-06.45	ALSAA
Tue	05.15-06.45	ALSAA
Wed	06.00-07.00	NAC
Fri	05.15-06.45	ALSAA
Sun	08.00-10.00	NAC

Development		
Mon	05.00-06.15	AURA
Wed	05.00-06.15	AURA
Thur	05.15-06.45	ALSAA

Dolphins		
Group A		
Sat	06.45-07.30	AURA
Sun	07.30-08.15	AURA
Group B		
Sat	07.30-08.15	AURA
Sun	06.45-07.30	AURA