

NOVEMBER

TRAINING SESSIONS

VENUES:

John Warner Sports Centre, Stanstead Road, Hoddesdon, EN11 0QG

Haileybury Sports Complex, Haileybury College, Hertford SG13 7NU

Simon Balle, Mangrove Road, Hertford, SG13 8AJ

Upcoming Competitions & Events can be found on the Club website

PERFORMANCE SQUADS

SILVER				GOLD			
Day	Venue	Time - Mornings	Time - Evenings	Day	Venue	Time - Mornings	Time - Evenings
Mon	JWSC	6:00 - 7:00 (am)	6:35 - 8:05 (pm)	Mon	JWSC	6:00 - 7:00 (am)	6:35 - 8:35 (pm)
Tues	HB	----	7:00 - 8:00 (pm)	Tues	--	----	----
Weds	JWSC	6:00 - 7:00 (am)	----	Weds	JWSC	6:00 - 7:00 (am)	8:30 - 9:30 (pm)
Thurs	--	----	----	Thurs	JWSC	6:00 - 7:00 (am)	7:45 - 9:15 (pm)
Fri	JWSC	6:00 - 7:00 (am)	7:30 - 9:00 (pm)	Fri	JWSC	6:00 - 7:00 (am)	7:30 - 9:00 (pm)
Sat	--	----	----	Sat	--	----	----
Sun	JWSC	----	6:15 - 7:45 (pm)	Sun	JWSC	----	6:15 - 8:15 (pm)

FITNESS

CLUB FITNESS				MASTERS			
Day	Venue	Time - Mornings	Time - Evenings	Day	Venue	Time - Mornings	Time - Evenings
Mon	JWSC	6:00 - 7:00 (am)	7:30 - 8:30 (pm)	Mon	JWSC	6:00 - 7:00 (am)	----
Tues	--	----	----	Tues	--	----	----
Weds	JWSC	----	8:30 - 9:30 (pm)	Weds	JWSC	6:00 - 7:00 (am)	8:30 - 9:30 (pm)
Thurs	--	----	----	Thurs	--	----	----
Fri	JWSC	6:00 - 7:00 (am)	----	Fri	JWSC	6:00 - 7:00 (am)	----
Sat	--	----	----	Sat	--	----	----
Sun	JWSC	----	7:45 - 8:45 (pm)	Sun	JWSC	----	7:45 - 8:45 (pm)

DEVELOPMENT SQUADS

ACADEMY 1			ACADEMY 2			BRONZE			
Day	Venue	Time (am/pm)	Day	Venue	Time (am/pm)	Day	Venue	Time - Mornings	Time - Evenings
Mon	--	----	Mon	SB	6:45 - 7:45 (pm)	Mon	SB	----	6:45 - 7:45 (pm)
Tues	--	----	Tues	HB	7:00 - 8:00 (pm)	Tues	HB	----	7:00 - 8:00 (pm)
Weds	--	----	Weds	--	----	Weds	--	----	----
Thurs	SB	6:30 - 7:30 (pm)	Thurs	--	----	Thurs	SB	----	6:30 - 7:30 (pm)
Fri	--	----	Fri	--	----	Fri	JWSC	6:00 - 7:00 (am)	7:30 - 8:30 (pm)
Sat	--	----	Sat	--	----	Sat	--	----	----
Sun	JWSC	5:15 - 6:15 (pm)	Sun	JWSC	5:15 - 6:15 (pm)	Sun	JWSC	----	5:15 - 6:15 (pm)