

# PROVISIONAL FSC TIMETABLE FROM MONDAY 7<sup>th</sup> SEPTEMBER

SQUADS	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
REGIONAL	FLC 18.30-19.15PM	FLC 6.00-7.30AM	FLC 20.00-21.30PM		LWC 19.15-20.00PM	FLC 6.00-7.30AM	FLC 7.00-8.30am
						FLC 20.00-21.00PM	
REGIONAL DEVELOPMENT	FLC 18.30-19.15PM	FLC 6.00-7.30AM	FLC 20.00-21.30PM			FLC 6.00-7.30AM	FLC 7.00-8.30am
		LWC 20.15-21.00PM				FLC 20.00-21.00PM	
FITNESS	FLC 19.30-20.30PM	FLC 6.00-7.30AM	FLC 20.00-21.30PM			FLC 6.00-7.30AM	
COUNTY	FLC 18.30-19.15PM	FLC 6.00-7.30AM	FLC 20.00-21.30PM			FLC 6.00-7.30AM	FLC 7.00-8.30am
		LWC 19.15-20.00PM				FLC 20.00-21.00PM	
COUNTY DEVELOPMENT	FLC 17.30-18.15PM	FLC 6.00-7.30AM				FLC 6.00-7.30AM	FLC 7.00-8.30am
		LWC 18.00-19.00PM				FLC 19.00-19.45PM	
PERFORMANCE	FLC 17.30-18.15PM	FLC 6.00-7.30AM	FLC 19.15-20.00PM			FLC 6.00-7.30AM	FLC 7.00-8.30am
						FLC 19.00-19.45PM	



# PROVISIONAL FSC TIMETABLE FROM MONDAY 7<sup>th</sup> SEPTEMBER

SQUADS	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
COMPETITIVE	FLC 16.30-17.15PM	FLC 6.00-7.30AM	FLC 19.15-20.00PM			FLC 6.00-7.30AM	
COMPETITIVE DEVELOPMENT	FLC 17.30-18.15PM	FLC 6.00-7.30AM	FLC 18.30-19.00PM			FLC 6.00-7.30AM	
						FLC 19.00-19.45PM	
JUNIORS	FLC 16.30-17.15PM	FLC 6.00-7.30AM	FLC 18.30-19.00PM			FLC 6.00-7.30AM	
MASTERS	FLC 19.30-20.30PM	FLC 6.00-7.30AM	LWC 20.00-22.00PM			FLC 6.00-7.30AM	
						LWC 20.15-21.15PM	

**ACADEMY PLUS TUESDAYS 18-.30-19.00pm, SUNDAYS 16.30-17.15pm**

**ACADEMY SUNDAYS LWC 9.30-11.30am**