

**TRAINING TIMES & DATES – DECEMBER & JANUARY REVISED!**

DECEMBER		MON	TUE	WED	THU	FRI	SAT	
		12	13	14	15	16	17	
	AM	As normal					JS/JNR/JP 4:00-5:00 NA/A/NAD/AD 5:00-6:00	<b>METRO CHAMPS</b>
	PM	As normal						

DECEMBER		MON	TUE	WED	THU	FRI	SAT
		19	20	21	21	23	24
	AM	<b>METRO CHAMPS</b>	NO TRAINING		7.30-9.30	7.30-9.30	<b>8:30- 10:00 XMAS EVE SESSION</b>
	PM		4.00-7.00	4.00-7.00	4.00-7.00	4.00-7.00	

DECEMBER		MON	TUE	WED	THU	FRI	SAT
		26	27	28	29	30	31
	AM	NO TRAINING	NO TRAINING	NO TRAINING	7.30-9.30	7.30-9.30	<b>8:00- 10:00</b>
	PM				4.00-7.00	4.00-7.00	

JANUARY	2012	MON	TUE	WED	THU	FRI	SAT
		2	3	4	5	6	7
	AM	NO TRAINING	7.30-9.30		7.30-9.30	7.30-9.30	7.00-9.00
	PM		4.00-7.00	4.00-7.00	4.00-7.00	4.00-7.00	

JANUARY		MON	TUE	WED	THU	FRI	SAT
		9	10	11	12	13	14
	AM	7.30-9.00	7.30-9.30		7.30-9.30	7.30-9.30	7.00-9.00
	PM	4.00-7.00	4.00-7.00	4.00-7.00	4.00-7.00	NO TRAINING	

JANUARY		MON	TUE	WED	THU	FRI	SAT
		16	17	18	19	20	21
	AM	NO TRAINING	<b>STATE CHAMPIONSHIPS 17-21</b>				
	PM	JS/JNR/JP 4:00-5:00 NA/A/NAD/AD 5:00-6:00					

JANUARY		MON	TUE	WED	THU	FRI	SAT
		23	24	25	26	27	28
	AM	7.30-9.00	7.30-9.30		<b>NO TRAINING</b>	7.30-9.30	7.00-9.00
	PM	4.00-7.00	4.00-7.00	4.00-7.00		4.00-7.00	

JANUARY		MON	TUE
		30	31
	AM	7.30-9.00	7.30-9.30
	PM	4.00-7.00	4.00-7.00