

## ABB GOLD Squad June/July Holiday Schedule 14'

**\*PLEASE BRING JOGGERS, WATER BOTTLE AND KIT BAG TO EVERY SESSION**

Week 1 (30/6- 5/7) Timetable is for all Gold except Saturday AM					
Mon AM	Tue AM	Wed AM	Thurs AM	Fri AM	Sat AM
	KNOX: 6.00-9.00am		KNOX: 6.00-9.00am	ABB: 6.45-9.00am	Gold Star only: KNOX: 6.45-9.00am  Gold ABB with Brandon: 6.45-9.00am
Mon PM	Tue PM	Wed PM	Thurs PM	Fri PM	
Gym 3.00-4.00pm  ABB: 4.00-6.00pm		Gym 3.00-4.00pm  ABB: 4.00-6.00pm			

Week 2 (7/7-12/7) Timetable is for all Gold except Saturday AM					
Mon AM	Tue AM	Wed AM	Thurs AM	Fri AM	Sat AM
	KNOX: 6.00-9.00am		KNOX: 6.00-9.00am	ABB: 6.45-9.00am	No Training Metropolitan Championships 12-13/7
Mon PM	Tue PM	Wed PM	Thurs PM	Fri PM	
Gym 3.00-4.00pm  ABB: 4.00-6.00pm		Gym 3.00-4.00pm  ABB: 4.00-6.00pm			

## ABB BLACK Squad June/July Holiday Schedule 14'

**\*PLEASE BRING JOGGERS, WATER BOTTLE AND KIT BAG TO EVERY SESSION**

Week 1 (30/6- 5/7)					
Mon AM	Tue AM	Wed AM	Thurs AM	Fri AM	Sat AM
ABB:6.45am-9am	ABB: 6.45am-9am			ABB: 6.45am-9am	ABB: 6.45am-9am
Mon PM	Tue PM	Wed PM	Thurs PM	Fri PM	
	ABB: 3.45pm-6pm	ABB: 3.30-6.00pm			

Week 2 (7/7-12/7)					
Mon AM	Tue AM	Wed AM	Thurs AM	Fri AM	Sat AM
ABB: 6.45am-9am	ABB: 6.45am-9am		ABB: 6.45am-9am	ABB: 6.45am-9am	No Training Metropolitan Championships 12-13/7
Mon PM	Tue PM	Wed PM	Thurs PM	Fri PM	
	ABB: 3.45pm-6pm	ABB: 3.30-6.00pm			

## ABB WHITE Squad June/July Holiday Schedule 14'

\*PLEASE BRING JOGGERS, WATER BOTTLE AND KIT BAG TO EVERY SESSION

Week 1 (30/6- 5/7)					
Mon AM	Tue AM	Wed AM	Thurs AM	Fri AM	Sat AM
	ABB: 7.00-9.00am			ABB: 7.00- 9.00am	ABB: 7.00-9.00am
Mon PM	Tue PM	Wed PM	Thurs PM	Fri PM	
ABB: 3.30-6.00pm		ABB: 3.30-6.00pm			

Week 2 (7/7-12/7)					
Mon AM	Tue AM	Wed AM	Thurs AM	Fri AM	Sat AM
	ABB: 7.00-9.00am		ABB: 7.00-9.00am	ABB: 7.00-9.00am	ABB: 7.00-9.00am
Mon PM	Tue PM	Wed PM	Thurs PM	Fri PM	
ABB: 3.30-6.00pm		ABB: 3.30-6.00pm			