

COGST TIMETABLE

HIGH PERFORMANCE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	07:00-09:00 Tollcross	05:15 - 07:15 Tollcross	07:15 - 09:00 Tollcross		07:00-09:00 Tollcross	08:30 - 10:30 Tollcross	
PM	15:00-17:00 Tollcross	15:00-17:00 Tollcross	15:00-16:30 Tollcross	15:00-17:00 19:00 - 20:30 Tollcross	15:00-16:30 Tollcross		

NATIONAL PERFORMANCE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	05:15 - 07:15 Tollcross	05:15 - 07:15 Tollcross		05:15 - 07:15 Tollcross	05:15 - 07:15 Tollcross	08:30 - 10:30 Tollcross	
PM	17:00-18:30 Tollcross	16:30 - 18:00 Tollcross	S1: 17:00-18:45 S2: 18:45 -20:30 Tollcross		S1: 16:30-18:00 S2: 18:00-19:30 Tollcross		

NATIONAL AGE GROUP

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	05:15 - 07:15 Tollcross		05:15 - 07:15 Tollcross			11:45-13:00 Tollcross	
PM		16:30 - 18:00 Tollcross	18:00-20:00 Maryhill	17:00-19:00 Tollcross	18:00-19:30 Scotstoun		

JUNIOR AGE GROUP

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM			05:15 - 07:15 Tollcross		05:15 - 07:15 Tollcross	10:30-11:45 Tollcross	
PM		16:30 - 18:00 Tollcross	18:00-20:00 Maryhill	17:00-19:00 Tollcross	18:00-19:30 Scotstoun		

JUNIOR DEVELOPMENT 2 BLUE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM			05:15 - 07:15 Tollcross			08:15-09:45 Scotstoun	09:00 - 10:30 Tollcross
PM	18:30 - 20:30 Tollcross	18:00-19:30 Scotstoun	17:00-19:00 Drumchapel				

JUNIOR DEVELOPMENT 2 BLACK

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM			05:15 - 07:15 Tollcross			08:15-09:45 Scotstoun	10:30 - 12:00 Tollcross
PM	18:30 - 20:30 Tollcross	18:00-19:30 Scotstoun	17:00-19:00 Drumchapel				

JUNIOR DEVELOPMENT 1 BLUE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
PM	18:00 - 19:00 Scotstoun	18:00 - 19:30 Tollcross		19:00-20:30 Tollcross	19:30-20:30 Scotstoun		17:30-19:00 Tollcross

JUNIOR DEVELOPMENT 1 BLACK

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
PM	18:00-19:00 Scotstoun	18:00 - 19:30 Tollcross		19:00-20:30 Tollcross	19:30-20:30 Scotstoun		17:30-19:00 Tollcross

JUNIOR FOUNDATION (BLUE, BLACK & WHITE)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
PM		19:30-20:30 Tollcross			19:00-20:30 Gorbals		16:00-17:30 Tollcross
		19:30-20:30 Scotstoun Scotstoun Group					

JUNIOR FOUNDATION ACADEMY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
PM		19:30-20:30 Tollcross			19:00-20:30 Gorbals		

YOUTH SQUAD

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
PM	19:00-20:30 Scotstoun	18:00-19:00 Tollcross			19:30-20:30 Tollcross		

MASTERS SQUAD

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM				05:15-07:15 Tollcross			
PM	19:00-20:30 Scotstoun	18:30-20:30 Tollcross			19:30-20:30 Tollcross		14:00-16:00 Tollcross

Mini League Training - Cross squad training by invitation

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM							
PM			19:00- 20:30 Drumchapel				