

CHRISTMAS TRAINING SCHEDULE 2025

December 22nd - January 4th

SQUAD	Performance Squads			Competitive Squads			Club Squad	MASTERS	Academy Squads				Para Squad
	National Youth Squad	Regional Youth Squad	Regional Age Squad	County Youth Squad	County Age Squad	Skill Development			Platinum	Gold	Silver	Bronze	
Monday AM 22/12/25	05:20-07:35	05:20-07:35 Spin 07:45-08:15											
Monday PM 22/12/25	16:45-19:20 Spin 19:30-20:00	16:45-19:20 Circuit 19:15-19:45	16:45-19:00 LAND: 19:10-19:55	16:45-19:20	16:45-19:00 LAND: 19:10-19:55	18:50-20:10	20:00-21:00	20:00-21:00	19:00-20:00	19:00-20:00	19:00-20:00	19:00-20:00	
Tuesday AM 23/12/25	05:20-07:35 Spin 07:45-08:15		05:20-07:35										
Tuesday PM 23/12/25	16:45-19:20 Circuit 19:30-20:00	16:45-19:20 Spin 19:15-19:45	16:45-19:20	16:45-19:20	16:45-19:20	18:50-20:10	20:00-21:00	20:00-21:00	19:00-20:00	19:00-20:00	19:00-20:00		
Wednesday AM 24/12/25	07:45-10:20	07:45-10:20	07:45-10:20	07:45-10:20	07:45-10:20								
NO TRAINING 24th December PM - 28th December PM NB. Masters + Para WILL Run on Sunday 28th December 2025													
Sunday PM 28/12/25								17:00-18:00					17:00-18:00

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	National Youth Squad	Regional Youth Squad	Regional Age Squad	County Youth Squad	County Age Squad	Skill Development			Platinum	Gold	Silver	Bronze	
Monday AM 29/12/25	07:45-10:20 Spin 10:30-11:00	07:45-10:20	07:45-10:20										
Monday PM 29/12/25	16:45-19:20 Circuit 19:15-19:45	16:45-19:20 Spin 19:30-20:00	16:45-19:00 LAND: 19:10-19:55	16:45-19:20	16:45-19:00 LAND: 19:10-19:55	18:50-20:10	19:00-20:00	19:00-20:00	19:00-20:00	19:00-20:00	19:00-20:00	19:00-20:00	
Tuesday AM 30/12/25	07:45-10:20 Spin 10:30-11:00		07:45-10:20										
Tuesday PM 30/12/25	16:45-19:20 Circuit 19:15-19:45	16:45-19:20 Spin 19:30-20:00	16:45-19:20	16:45-19:20	16:45-19:20	18:50-20:10	19:00-20:00	19:00-20:00	19:00-20:00	19:00-20:00	19:00-20:00		
Wednesday AM 31/12/25	07:45-10:20	07:45-10:20	07:45-10:20										
NO TRAINING 1st JANUARY 2026													
Friday AM 02/01/26	05:20-07:35 Spin 07:45-08:15	05:20-07:35											
Friday PM 02/01/26	16:45-19:20	16:45-19:20 Circuit 19:15-19:45	16:45-19:20	16:45-19:20	16:45-19:20	18:50-20:10	20:00-21:00	20:00-21:00	19:00-20:00				
Saturday AM 03/01/26	07:45-10:20	07:45-10:20	05:50-08:00 LAND: 08:10-08:55	05:50-08:00 LAND: 08:10-08:55	05:50-08:00 LAND: 08:10-08:55			16:00-17:30					
Sunday PM 04/01/26				14:50-16:10	15:50-18:10	15:50-18:10	17:00-18:00	17:00-18:00	15:00-16:00	16:00-17:00			17:00-18:00