

Day	Date	Poseidon	Neptune	Trident	Trident junior	Additional Inofrmation	
Tuesday	1						
Wednesday	2						
Thursday	3						
Friday	4					College Breaks Up	
Saturday	5						
Sunday	6						
Monday	7	6.00-8.30am & 5.30-7.00pm EC	3.30-5.30pm EC	6-8am & 6.00-7.30pm EP	Squad Coach to inform which sessions to attend		
Tuesday	8	3.30-5.00pm EC	6.00-8.30am & 5-6.30pm EC	4.30-6.00pm EP			
Wednesday	9	6.00-8.30am & 3.00-5.00pm EC	5.00-7.00pm EC	6-8am EP + Zoom Pilates PM			
Thursday	10	3.30-5.00pm EC	6.00-8.30am & 5-6.30pm EC				
Friday	11	6.00-8.30am & 4-6pm EC	2-4pm EC	6.00-8.00am & 4.30-6.30pm EP			
Saturday	12	6.00-8.30am EC	6.00-8.00am EP	8.30-10am EC			
Sunday	13						
Monday	14	6.00-8.30am & 5.30-7.00pm EC	3.30-5.30pm EC	6-8am & 6.00-7.30pm EP	Squad Coach to inform which sessions to attend		
Tuesday	15	3.30-5.00pm EC	6.00-8.30am & 5-6.30pm EC	4.30-6.00pm EP			
Wednesday	16	6.00-8.30am & 4.30-6.30pm EC	2.30 - 4.30pm EC	6-8am EP + Zoom Pilates PM			
Thursday	17	3.30-5.00pm EC	6.00-8.30am & 5-6.30pm EC				
Friday	18	6.00-8.30am & 4-6pm EC	2-4pm EC	6.00-8.00am & 4.30-6.30pm EP			
Saturday	19	6.00-8.30am EC	6.00-8.00am EP	8.30-10am EC			
Sunday	20						
Monday	21	6.00-8.30am & 5.30-7.00pm EC	3.30-5.30pm EC	6-8am & 6.00-7.30pm EP	Squad Coach to inform which sessions to attend		
Tuesday	22	3.30-5.00pm EC	6.00-8.30am & 5-6.30pm EC	4.30-6.00pm EP			
Wednesday	23	6.00-8.30am & 3.00-5.00pm EC	5.00-7.00pm EC	6-8am EP + Zoom Pilates PM			
Thursday	24	6.00-8.30am EC	6.00-8.30am EC				
Friday	25	Christmas Break					
Saturday	26						
Sunday	27						
Monday	28						
Tuesday	29	3.30-5.00pm EC	6.00-8.30am & 5-6.30pm EC	4.30-6.30pm EP	Squad Coach to inform which sessions to attend		
Wednesday	30	6.00-8.30am & 4-6pm EC	2-4pm EC	6.30-9.00am EP			
Thursday	31	New Years Eve					