

# TRAINING SCHEDULE FOR NIJONG

Monday	Tuesday	Wednesday	Thursday	Friday
4.00 – 6.15 U/13 Boys	5.00 – 6.30 U/12 Boys	5.30 – 7.00 U/13 Girls	5.00 – 6.30 U/12 Boys	
5.30 – 7.00 U/13 Girls			5.00 – 6.00 U/14 Boys	
5.00 – 6.00 U/14 Boys	5.30 – 7.30 U/15 Boys	5.00 – 6.30 U/15 Girls	6.00 – 7.30 U/15 Boys	
5.00 – 7.00 U/16 Boys	5.00 – 7.00 U/16 Boys		5.00 – 7.00 U/16 Boys	
	5.30 – 7.30 SL 2 and 4 Mens	6.00 – 7.30 SL 3 and 4 Womens	6.00 – 8.00 SL 2 and 4 Mens	6.00 – 7.30 SL 3 and 4 Womens