

## Northgate Training Schedule 12th April 2016

	Monday Bridgnorth	Monday Much Wenlock	Tuesday Bridgnorth	Tuesday Much Wenlock	Wednesday Bridgnorth	Wednesday Much Wenlock	Thursday Bridgnorth	Thursday Much Wenlock
<b>Morning</b>								
JPS, Seniors, Masters		7.00am - 8.00am	6.30am - 8.15am		7.15am - 8.15am		7.15am - 8.15am	
Seniors								
Junior Performance								
Junior Development								
Sharks								
Dolphins								
Masters								
	Monday Bridgnorth	Monday Much Wenlock	Tuesday Bridgnorth	Tuesday Much Wenlock	Wednesday Bridgnorth	Wednesday Much Wenlock	Thursday Bridgnorth	Thursday Much Wenlock
<b>Evening</b>					6.50pm - 7.50pm			
JPS, Seniors, Masters								
Seniors				7.00pm - 9.00pm	8.00pm - 9.30pm			7.00pm - 9.00pm
Junior Performance		7.00pm - 8.00pm	7.30pm - 8.30pm					6.00pm - 7.00pm
Junior Development		6.00pm - 7.00pm					6.00pm - 7.00pm	
Sharks								
Dolphins								
Masters								
	Friday Bridgnorth	Friday Much Wenlock	Saturday Bridgnorth	Saturday Much Wenlock	Sunday Bridgnorth	Sunday Much Wenlock	<b>Summary</b>	
<b>Morning</b>							Masters	
JPS, Seniors, Masters		7am - 8am					2 hour dedicated + 5.5 shared	
Seniors				7.00am - 9.00am	7.05am - 9.05am		Total 7.5 hours	
Junior Performance				9.00am - 10.30am			Seniors	
Junior Development							10.75 hours dedicated + 5.5 shared	
Sharks			10.45am - 11.45am				Total 16.25 hours	
Dolphins			10.00am - 10.45am				Junior Performance	
Masters							5.25 dedicated + 5.5 shared	
	Friday Bridgnorth	Friday Much Wenlock	Saturday Bridgnorth	Saturday Much Wenlock	Sunday Bridgnorth	Sunday Much Wenlock	Total 10.75 hours	
<b>Evening</b>							Junior Development	
JPS, Seniors, Masters							3 hours	
Seniors					7.30pm - 8.45pm		Total 3 hours	
Junior Performance						6.45pm - 8.00pm	Sharks	
Junior Development						5.45pm - 6.45pm	2 hours	
Sharks					6.30pm - 7.30pm		Total 2 hours	
Dolphins					6.00pm - 6.30pm		Dolphins	
Masters	8.00pm - 9.00pm				5.00pm - 6.00pm		1.25 hours	
							Total 1.25 hours	
							Shared 5.5 hours	
							Land Training 1 hour	