

Northgate Training Schedule from July 2017

	Monday		Tuesday		Wednesday		Thursday	
	Bridgnorth	Much Wenlock	Bridgnorth	Much Wenlock	Bridgnorth	Much Wenlock	Bridgnorth	Much Wenlock
Morning								
Seniors/JPS/Masters		7.00am - 8.00am	6:15am - 8:00am					6:15am - 7:15am
Seniors/JPS						7.00am - 8.00am		
Junior Performance								
Junior Development								
Sharks								
Dolphins								
Masters					6.15am - 7.15am			
	Bridgnorth	Much Wenlock	Bridgnorth	Much Wenlock	Bridgnorth	Much Wenlock	Bridgnorth	Much Wenlock
Evening								
Seniors				7.00pm - 9.00pm	8.00pm - 9.00pm			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		Saturday		Sunday	
	Bridgnorth	Much Wenlock	Bridgnorth	Much Wenlock	Bridgnorth	Much Wenlock
Morning						
Seniors/JPS/Masters		7.00am - 8.00am				
Seniors				7.00am - 9.00am		8.00am - 10am
Junior Performance				9.00am - 10.30am		
Junior Development						
Sharks			10.45am - 11.45am			
Dolphins			10.00am - 10.45am			
Masters						
	Bridgnorth	Much Wenlock	Bridgnorth	Much Wenlock	Bridgnorth	Much Wenlock
Evening						
Seniors					7.30pm - 8.45pm	
Junior Performance						6.30pm - 8.00pm
Junior Development						5.30pm - 6.30pm
Sharks					6.30pm - 7.30pm	
Dolphins					6.00pm - 6.30pm	
Masters		6.00pm - 7.00pm			5.00pm - 6.00pm	

Summary	
Masters	3 hours dedicated + 4.75 shared
Total	7.75 hours
Seniors	10.25 hours dedicated + 5.75 shared
Total	16 hours
Junior Performance	6 dedicated + 5.75 shared
Total	11.75 hours
Junior Development	3 hours
Total	3 hours
Sharks	2 hours
Total	2 hours
Dolphins	1.25 hours
Total	1.25 hours
Land Training	1 hour
Total	1 hour