

Northgate Training Schedule 2018

	Monday		Tuesday		Wednesday		Thursday	
	Bridgnorth	Much Wenlock	Bridgnorth	Much Wenlock	Bridgnorth	Much Wenlock	Bridgnorth	Much Wenlock
Morning								
Seniors/JPS/Masters		7.00am - 8.00am						
Seniors/JPS						7.00am - 8.00am		
Junior Performance								
Junior Development								
Sharks								
Dolphins								
Masters			6.15am - 8.00am		6.15am - 7.15am		6.15am - 7.15am	
	Bridgnorth	Much Wenlock	Bridgnorth	Much Wenlock	Bridgnorth	Much Wenlock	Bridgnorth	Much Wenlock
Evening								
Seniors				7.00pm - 9.00pm	7.00pm - 8.00pm			7.00pm - 9.00pm
Junior Performance		7.00pm - 8.00pm	7.30pm - 8.30pm		8.00pm - 9.00pm			6.00pm - 7.00pm
Junior Development		6.00pm - 7.00pm		6.00pm - 7.00pm				
Sharks								
Dolphins								
Masters								

	Friday		Saturday		Sunday		Summary
	Bridgnorth	Much Wenlock	Bridgnorth	Much Wenlock	Bridgnorth	Much Wenlock	
Morning							
Seniors/JPS/Masters		7.00am - 8.00am					Masters 5.75 hours dedicated + 2 shared Total 7.75 hours
Seniors				7.00am - 9.00am		8.00am - 10am	Seniors 10.25 hours dedicated + 3 shared Total 13.25 hours
Junior Performance				9.00am - 10.30am			Junior Performance 6 dedicated + 3 shared Total 9 hours
Junior Development							Junior Development 3 hours Total 3 hours
Sharks			10.45am - 11.45am				Sharks 2 hours Total 2 hours
Dolphins			10.00am - 10.45am				Dolphins 1.25 hours Total 1.25 hours
Masters							Land Training 1 hour Total 1 hour
	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		