

2019 FEBRUARY TRAINING SCHEDULE

SYDNEY OLYMPIC PARK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY	SUNDAY
4 FEBRUARY	5 FEBRUARY	6 FEBRUARY	7 FEBRUARY	9 FEBRUARY	10 FEBRUARY
WARM UP ARENA	WARM UP ARENA	WARM UP ARENA	WARM UP ARENA		
FOUNDATION FROM 5.00 TO 6.00 PM		FOUNDATION FROM 5.00 TO 6.00 PM	FOUNDATION FROM 4.45 TO 5.45 PM		
JUNIOR ACAD FROM 5.00 TO 6.30PM	JUNIOR ACAD FROM 5.00 TO 6.30PM	JUNIOR ACAD FROM 5.00 TO 6.30PM	JUNIOR ACAD FROM 5.00 TO 6.30PM		
ADVANCED ACADEMY FROM 6.00 TO 8.00 PM	ADVANCED ACADEMY FROM 6.30 TO 8.00 PM	ADVANCED ACADEMY FROM 6.00 TO 8.00 PM	ADVANCED ACADEMY FROM 6.00 TO 7.30 PM		
11 FEBRUARY	12 FEBRUARY	13 FEBRUARY	14 FEBRUARY	16 FEBRUARY	17 FEBRUARY
WARM UP ARENA	WARM UP ARENA	WARM UP ARENA	WARM UP ARENA		
FOUNDATION FROM 5.00 TO 6.00 PM		FOUNDATION FROM 5.00 TO 6.00 PM	FOUNDATION FROM 4.45 TO 5.45 PM		
JUNIOR ACAD FROM 5.00 TO 6.30PM	JUNIOR ACAD FROM 5.00 TO 6.30PM	JUNIOR ACAD FROM 5.00 TO 6.30PM	JUNIOR ACAD FROM 5.00 TO 6.30PM		
ADVANCED ACADEMY FROM 6.00 TO 8.00 PM	ADVANCED ACADEMY FROM 6.30 TO 8.00 PM	ADVANCED ACADEMY FROM 6.00 TO 8.00 PM	ADVANCED ACADEMY FROM 6.00 TO 7.30 PM		
18 FEBRUARY	19 FEBRUARY	20 FEBRUARY	21 FEBRUARY	23 FEBRUARY	24 FEBRUARY
WARM UP ARENA	WARM UP ARENA	WARM UP ARENA	WARM UP ARENA		
FOUNDATION FROM 5.00 TO 6.00 PM		FOUNDATION FROM 5.00 TO 6.00 PM	FOUNDATION FROM 4.45 TO 5.45 PM		
JUNIOR ACAD FROM 5.00 TO 6.30PM	JUNIOR ACAD FROM 5.00 TO 6.30PM	JUNIOR ACAD FROM 5.00 TO 6.30PM	JUNIOR ACAD FROM 5.00 TO 6.30PM		
ADVANCED ACADEMY FROM 6.00 TO 8.00 PM	ADVANCED ACADEMY FROM 6.30 TO 8.00 PM	ADVANCED ACADEMY FROM 6.00 TO 8.00 PM	ADVANCED ACADEMY FROM 6.00 TO 7.30 PM		
25 FEBRUARY	26 FEBRUARY	27 FEBRUARY	28 FEBRUARY	2 MARCH	3 MARCH
WARM UP ARENA	WARM UP ARENA	WARM UP ARENA	WARM UP ARENA		
FOUNDATION FROM 5.00 TO 6.00 PM		FOUNDATION FROM 5.00 TO 6.00 PM	FOUNDATION FROM 4.45 TO 5.45 PM		
JUNIOR ACAD FROM 5.00 TO 6.30PM	JUNIOR ACAD FROM 5.00 TO 6.30PM	JUNIOR ACAD FROM 5.00 TO 6.30PM	JUNIOR ACAD FROM 5.00 TO 6.30PM		
ADVANCED ACADEMY FROM 6.00 TO 8.00 PM	ADVANCED ACADEMY FROM 6.30 TO 8.00 PM	ADVANCED ACADEMY FROM 6.00 TO 8.00 PM	ADVANCED ACADEMY FROM 6.00 TO 7.30 PM		