

2019 MARCH TRAINING SCHEDULE

SYDNEY OLYMPIC PARK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY	SUNDAY
4 MARCH	5 MARCH	6 MARCH	7 MARCH	9 MARCH	10 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 5.00 TO 6.00 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 MARCH	12 MARCH	13 MARCH	14 MARCH	16 MARCH	17 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 5.00 TO 6.00 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 MARCH	19 MARCH	20 MARCH	21 MARCH	23 MARCH	24 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 5.00 TO 6.00 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 MARCH	26 MARCH	27 MARCH	28 MARCH	30 MARCH	31 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 5.00 TO 6.00 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		