

EVOLUTION

PLEASE NOTE THERE WILL BE NO SQUAD SESSIONS FROM SATURDAY THE 21ST OF DECEMBER 2024 TO SUNDAY THE 5TH OF JANUARY 2025
ALL SQUADS WILL RESUME FROM MONDAY THE 6TH OF JANUARY 2025 ON THE HOLIDAY TIMETABLE WHICH WILL RUN FOR JANUARY 2025

IF YOU WISH TO TRAIN OVER THE CLOSURE PERIOD PLEASE ASK RICCARDO OR SHAEI TO GIVE YOU A TRAINING SESSION BEFORE THE XMAS BREAK
THERE WILL BE NO SQUAD ON MONDAY THE 27TH OF JANUARY 2025 DUE TO AUCKLAND ANNIVERSARY

REGIONAL/NATIONAL/ADULT/SENIOR FIT				
Day	AM	Start	Finish	Duration
Monday 6/1/25	AM	6:00	8:00	2:00
Tuesday 7/1/25	AM	7:00	9:00	2:00
Wednesday 8/1/25	AM	6:00	8:00	2:00
Thursday 9/1/25	AM	7:00	9:00	2:00
Friday 10/1/25	AM	6:00	8:00	2:00
Monday 13/1/25	AM	6:00	8:00	2:00
Tuesday 14/1/25	AM	7:00	9:00	2:00
Wednesday 15/1/25	AM	6:00	7:30	1:30
Thursday 16/1/25	AM	7:00	9:00	2:00
Friday 17/1/25	AM	6:00	7:30	1:30
Monday 20/1/25	AM	6:00	8:00	2:00
Tuesday 21/1/25	AM	7:00	9:00	2:00
Wednesday 22/1/25	AM	6:00	7:30	1:30
Thursday 23/1/25	AM	7:00	9:00	2:00
Friday 24/1/25	AM	6:00	7:30	1:30
Monday 27/1/25	No squad Auckland Anniversary			
Tuesday 28/1/25	AM	7:00	9:00	2:00
Wednesday 29/1/25	AM	6:00	7:30	1:30
Thursday 30/1/25	AM	7:00	9:00	2:00
Friday 31/1/25	AM	6:00	7:30	1:30

REGIONAL / NATIONAL LONG COURSE TRAINING ROTORUA				
Day	AM	Start	Finish	Duration
Wednesday 15/1/25	AM	9:15	11:15	2:00
Friday 17/1/25	AM	9:15	11:15	2:00
Wednesday 22/1/25	AM	9:00	11:00	2:00
Friday 24/1/25	AM	9:00	11:00	2:00
Wednesday 29/1/25	AM	9:00	11:00	2:00
Friday 31/1/25	AM	9:00	11:00	2:00

NOTE: We will organise car pooling for anyone wanting to do Long Course Training in Rotorua on these dates

STROKE DEVELOPMENT				
Day	PM	Start	Finish	Duration
Monday	PM	4:00	5:00	1:00
Tuesday	PM	4:00	5:00	1:00
Wednesday	PM	4:00	5:00	1:00
Thursday	PM	4:00	5:00	1:00
Friday	PM	4:00	5:00	1:00

STROKE TECH				
Day	PM	Start	Finish	Duration
Monday	PM	4:00	5:00	1:00
Tuesday	PM	4:00	5:00	1:00
Wednesday	PM	4:00	5:00	1:00
Thursday	PM	4:00	5:00	1:00
Friday	PM	4:00	5:00	1:00

AQUAFIT				
Day	PM	Start	Finish	Duration
Monday	PM	5:00	6:00	1:00
Tuesday	PM	5:00	6:00	1:00
Wednesday	PM	5:00	6:00	1:00
Thursday	PM	5:00	6:00	1:00
Friday	PM	5:00	6:00	1:00

REGIONAL / NATIONAL				
Day	PM	Start	Finish	Duration
Monday	PM	5:00	6:30	1:30
Tuesday	PM	5:00	6:30	1:30
Wednesday	PM	5:00	6:30	1:30
Thursday	PM	5:00	6:30	1:30
Friday	PM	5:00	6:30	1:30