

EVOLUTION

PLEASE NOTE THERE WILL BE NO SQUAD SESSIONS ON GOOD FRIDAY 18 APRIL OR EASTER MONDAY 21 APRIL OR ANZAC DAY 25 APRIL 2025

REGIONAL/NATIONAL				
Day	AM	Start	Finish	Duration
Monday	AM	6:00	7:30	1:30
Tuesday	AM	6:00	7:30	1:30
Wednesday	AM	6:00	7:30	1:30
Thursday	AM	6:00	7:30	1:30
Friday	AM	6:00	7:30	1:30

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

ADULT/SENIOR FIT				
Day	AM	Start	Finish	Duration
Monday	AM	6:00	7:30	1:30
Tuesday	AM	6:00	7:30	1:30
Wednesday	AM	6:00	7:30	1:30
Thursday	AM	6:00	7:30	1:30
Friday	AM	6:00	7:30	1:30

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