SLD Training timetable (effective 25 Jan 2021)

Hour	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday
	DORIAN	THEO	DORIAN	THEO	DORIAN	THEO	DORIAN	THEO	DORIAN	THEO	DORIAN	THEO	
	MORNING		MORNING		MORNING		MORNING		MORNING		MORNING		
5.30 - 5.45	Gold / Senior Fitness	Bronze	Gold / Senior Fitness	Silver		Silver		Silver	Gold	Bronze			
5.45 - 6.00													
6.00 - 6.15													
6.15 - 6.30													
6.30 - 6.45													
6.45 - 7.00													
7.00 - 7.15											Gold / Senior Fitness	Silver	
7.15 - 7.30													
7.30 - 7.45													
7.45 - 8.00													
8.00 - 8.15													
8.15 - 8.30													
8.30 - 8.45													
8.45 - 9.00													
	AFTERNOON/ EVENING TRAINING		AFTERNOON/ EVENING TRAINING		AFTERNOON/ EVENING TRAINING		AFTERNOON/ EVENING TRAINING **		AFTERNOON/ EVENING TRAINING				
16.00 - 16.15	Marlins	Minnows/ Junior Fitness	Minnows/ Junior Fitness	Marlins	Marlins	Minnows/ Junior Fitness	Minnows/ Junior Fitness	Marlins	Gold / Senior Fitness	Silver			
16.15 - 16.30													
16.30 - 16.45													
16.45 - 17.00													
17.00 - 17.15		Silver				Silver							
17.15 - 17.30	Gold / Senior Fitness		Gold / Senior Fitness	Bronze	Bronze		Gold / Senior Fitness	Bronze					
17.30 - 17.45													
17.45 - 18.00													
18.00 - 18.15									Marlins				
18.15 - 18.30													
18.30 - 18.45													
18.45 - 19.00													
19.00 - 19.15													