

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM 5:30-7:30am	5:30-7:30am Championship High Performance	5:30-7:30am High Performance	5:30-7:30am High Performance	5:30-7:30am Advancement Squad	5:30-7:30am High Performance	7:30-9:30am Junior Excellence Championship Senior Squad High Performance
PM 4:15-5:00pm		4:15-5:00pm Talent Squad		4:15-5:00pm Talent Squad		
4:30-6:00pm	4:30-6:00pm High Performance Senior Squad	5:00-6:00pm Junior Development	4:30-6:00pm Junior Excellence	5:00-6:00pm Junior Development	4:30-6:00pm Junior Excellence Junior Development	
6:00-7:30pm	6:00-7:30pm Junior Excellence	6:00-7:30pm Championship Senior Squad	6:00-7:30pm Championship	6:00-7:30pm Championship Senior Squad High Performance	6:00-7:30pm Championship Senior Squad High Performance	

## Talent Squad

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PM 4:15- 5:00pm		4:15-5:00pm Talent Squad		4:15-5:00pm Talent Squad		

## Development Squad

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:30- 6:00pm		5:00-6:00pm Junior Development		5:00-6:00pm Junior Development	4:30-6:00pm Junior Development (Invitation Only)	

## Junior Excellence Squad

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM 5:30- 7:30am						7:30-9:30am Junior Excellence (Invitation only)
4:30- 6:00pm			4:30-6:00pm Junior Excellence		4:30-6:00pm Junior Excellence	
6:00- 7:30pm	6:00-7:30pm Junior Excellence					

## Senior Squad

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM 5:30- 7:30am						7:30-9:30am Senior Squad
4:30- 6:00pm	4:30-6:00pm Senior Squad					
6:00- 7:30pm		6:00-7:30pm Senior Squad		6:00-7:30pm Senior Squad	6:00-7:30pm Senior Squad	

## Championship Squad

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM 5:30- 7:30am	5:30-7:30am Championship					7:30-9:30am Championship
6:00- 7:30pm		6:00-7:30pm Championship	6:00-7:30pm Championship	6:00-7:30pm Championship	6:00-7:30pm Championship	

## High Performance Squad

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM 5:30- 7:30am	5:30-7:30am High Performance	5:30-7:30am High Performance	5:30-7:30am High Performance		5:30-7:30am High Performance	7:30-9:30am High Performance
4:30- 6:00pm	4:30-6:00pm High Performance					
6:00- 7:30pm				6:00-7:30pm High Performance	6:00-7:30pm High Performance	

## Dryland

**Tuesday**

**5:00-6:30pm**

Location:

Kilsyth Primary

Durham Rd, Kilsyth VIC 3137

