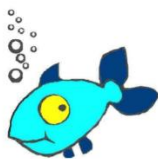


Adjusted Training Times for January and February at HPC Stadium



Squad Training Times for January and February		
<i>Day</i>	<i>Date</i>	<i>Time</i>
Wednesday	14 th January	10:30 to 11:30
	21 st January	10:15 to 11:15
	28 th January	10:15 to 11:15
	4 th February	10:00 to 11:00
	11 th February	10:00 to 11:00
	18 th February	10:00 to 11:00
	25 th February	10:00 to 11:00
Sunday	All sessions	9:30 to 10:30
Tuesday	All sessions	6:30pm to 7:30pm

Endurance Session Times for January and February		
<i>Day</i>	<i>Date</i>	<i>Time</i>
Thursday	15 th January	10:30 to 11:30
	22 nd January	10:30 to 11:30
	29 th January	10:30 to 11:30
	5 th February	9:30 to 10:30
	12 th February	9:30 to 10:30
	19 th February	9:30 to 10:30
	26 th February	9:30 to 10:30
Saturday	All sessions	9:30 to 10:30