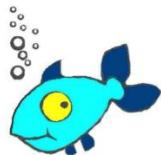


## Adjusted Training Times for January and February at HPC Stadium



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

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