



Belgravia/Pukekohe Squad Timetable *School Holidays*						Mon 12 July - Sun 25 July	
SQUADS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
JUNIOR SQUAD (BRONZE)	NO TRAINING	NO TRAINING	NO TRAINING	NO TRAINING	NO TRAINING		
REGIONAL DEVELOPMENT SQUAD							
	3pm-4pm	4pm-5pm	3pm-4pm	4pm-5pm	3pm-4pm		
REGIONAL PERFORMANCE SQUAD						9.30am-10.30am	
	4pm-5pm	3pm-4pm	4pm-5pm	3pm-4pm	4pm-5pm		
NATIONAL DEVELOPMENT SQUAD		6am-7.30am		6am-7.30am		8am-9.30am	
	5pm-6pm	5pm-6pm	5pm-6pm	5pm-6pm	5pm-6pm		
PSC SENIOR SQUAD	6am-8am (POOL)	7am-8.30am (GYM)	6am-8am (POOL)	7am-8.30am (GYM)	6am-8am (POOL)	6am-8am (POOL)	
	6pm-8pm (POOL)	6pm-8pm (POOL)	6pm-8pm (POOL)	6pm-8pm (POOL)			