



SESSION TIMETABLE

	MON	TUE	WED	THU	FRI	SAT
6:30am	Brigade/Semi (Tori)		Brigade/Semi (Rach)		Brigade/Semi (Rach)	
8:30am	Brigade (Rach) Semi (Tori)	Brigade (Rach)			Brigade (Rach) Semi (Tori)	8am Conditioning
9:30am	Brigade (Rach) Semi (Tori)	Semi (Tori)	Conditioning	Brigade (Rach) Semi (Tori)	Brigade (Rach) Semi (Tori)	9am Conditioning
5:30pm	Brigade (Rach) Semi (Tori)	Brigade (Rach) Semi (Tori)	Brigade (Rach)	Brigade (Rach) Semi (Tori)		
6:30pm	Brigade (Rach) Semi (Tori)	Brigade (Rach) Semi (Tori)	Brigade (Rach) Semi (Tori)	Brigade (Rach) Semi (Tori)	Brigade (Rach)	
7:30pm		Brigade (Rach)	Conditioning	Brigade (Rach)	Brigade (Rach)	