



2018 WEDNESDAY TRAINING SCHEDULE																										
ZONE	1	1a	2	2a	3	3a	4	4a	5	5a	6	6a	7	7a	8	8a	9	10	11	12	13	14	15	16	17	
4pm to 4.30pm																										
4.30pm to 5pm																										
5pm to 5.30pm																										
5.30pm to 6pm																										
6pm to 6.30pm																										
6.30pm to 7pm																										
7pm to 7.30pm																										
7.30pm to 8pm						M45C		M45B									MAA2		MAA1		MAA5				MAA3	
8pm to 8.30pm																										

NO TEAMS TO TRAIN HERE ON WEDNESDAY