

## NATIONAL TRAINING WEEKEND TIME TABLE DECEMBER 2009

### SATURDAY – 19 DECEMBER 2009

	<b>Group 1</b> 09:00 – 12:00	<b>Group 2</b> 09:00 – 12:00	<b>Group 3</b> 12:00 – 15:00	<b>Group 4</b> 13:00 – 16:00	<b>Group 5</b> 14:30 – 17:30	<b>Project 2010</b> 16:00 – 19:00
<b>RINK 1</b>	<b>09:00-10:00</b>	<b>09:00 – 11:00</b>	<b>12:00 – 13:30</b>			
<b>RINK 2</b>	<b>10:00 – 11:00</b>	<b>11:00 – 12:00</b>	<b>13:30- 14:00</b>	<b>13:00 – 13:30</b>	<b>14:30 – 15:00</b>	<b>16:00 – 16:30</b>
<b>RINK 1</b>	<b>11:00 – 12:00</b>		<b>14:00 – 15:00</b>	<b>13:30 – 16:00</b>	<b>15:00 – 17:30</b>	<b>16:30 – 19:00</b>

### SUNDAY – 20 DECEMBER 2009

	<b>Ladies Development</b> 09:00 – 12:00	<b>Ladies</b> 11:00 – 14:00	<b>Project 2010</b> 14:00 – 17:00	<b>Juniors</b> 15:00 – 18:00
<b>RINK 1</b>	<b>09:00 – 12:00</b>		<b>14:00 – 17:00</b>	<b>15:00 – 18:00</b>
<b>RINK 2</b>	<b>11:30 – 12:00</b>	<b>11:00 – 11:30</b>	<b>15:00 – 17:00</b>	<b>15:00 – 17:00</b>
<b>RINK 1</b>		<b>11:30 – 14:00</b>		