

## NATIONAL TRAINING WEEKEND TIME TABLE – APRIL 2019

### SATURDAY – 27 APRIL 2019

	<u>Level 1</u> 09:00 – 12:00 hours	<u>Level 2</u> 09:00 – 12:00 hours	<u>Level 3</u> 11:30 – 14:30 hours	<u>Level 4</u> 14:15 – 17:15 hours	<u>Level 5</u> 17:00 – 20:00 hours
<b>RINK 1</b>	<b>09:00 - 12:00</b>	<b>09:00 - 12:00</b>	<b>12:00 – 14:30</b>	<b>14:30 – 17:15</b>	<b>17:15 – 20:00</b>
<b>RINK 2</b>	<b>09:00 - 11:30</b>	<b>09:00 - 11:30</b>	<b>11:30 – 14:15</b>	<b>14:15 – 17:00</b>	<b>17:00 – 20:00</b>

### SUNDAY – 28 APRIL 2019

	<u>Project 2019</u> <u>Reduced Squads</u>	<u>Ladies</u> <u>Development</u>	<u>Senior Women</u>	<u>Under 19's</u>	<u>Senior Men</u>
	09:00 – 12:00 hours	12:00 – 15:00 hours	15:00 – 18:00 hours	15:00 – 18:00 hours	15:00 – 18:00 hours
<b>RINK 1</b>	<b>09:00 – 12:00</b>	<b>12:00 – 15:00</b>	<b>15:00 – 18:00</b>	<b>15:00 – 18:00</b>	<b>15:00 – 18:00</b>
<b>RINK 2</b>	<b>09:00 – 12:00</b>	<b>12:00 – 15:00</b>	<b>15:00 – 18:00</b>	<b>15:00 – 18:00</b>	<b>15:00 – 18:00</b>