

SQUADS	TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
NATIONAL	AM	AM 05.30-07.30	AM 05.30-07.30	AM 05.30-07.30	AM 05.30-07.30	AM 05.30-07.30	AM 06.00-08.00	REST	
	PM	REST	PM 18.15-20.15	PM 18.00-20.00	PM 18.00-20.00	REST	REST	PM 16.00-17.30 Land Training	
	PM								PM 18.00-20.00
COUNTY	AM	AM 05.30-07.30	REST	AM 05.30-07.30	AM 05.30-07.30	AM 05.30-07.30	AM 06.00-08.00	REST	
	PM	PM 20.00-21.30	PM 18.15-20.15	REST	REST	REST	REST	PM 16.00-17.30 Land Training	
	PM								PM 18.00-20.00
ATTAINMENT	AM	AM 05.30-07.30	REST	AM 05.30-07.30	REST	AM 05.30-07.30	REST	REST	
	PM	REST	PM 18.15-20.15	PM 19.00-20.00	PM 19.00-20.00	REST	REST	PM 18.00-20.00	
POTENTIAL	AM	REST	AM 05.30-07.30	REST	AM 05.30-07.30	REST	AM 06.00-08.00	REST	
	PM	REST	PM 19.15-20.15	PM 18.00-19.00	REST	REST	REST	PM 17.00-18.00	
PHASE 7	AM	REST	REST	REST	REST	REST	AM 07.00-08.00	REST	
	PM	REST	PM 18.15-19.15	REST	PM 18.00-19.00	REST	REST	PM 17.00-19.00	
CASUAL	AM	REST	REST	REST	REST	REST	REST	REST	
	PM	PM 20.00-21.30	REST	REST	REST	PM 18.00-20.00	REST	PM 17.00-18.00	
L.T.S	PM								PM 17.00-18.00
MASTERS	AM	REST	AM 05.30-07.30	AM 05.30-07.30	AM 05.30-07.30	REST	AM 06.00-08.00	REST	
	PM	PM 20.00-21.30	REST	REST	REST	PM 18.00-20.00	REST	REST	