



Stage	BLUE	RED	ORANGE	GREEN	YELLOW	ADULT
Age	4-6	6-8	8-9	9-10	10+	16+

Day & Time	Monday	Tuesday	Thursday
5-6pm	RED	RED	ORANGE GREEN
6-7pm	ORANGE GREEN	YELLOW	YELLOW
7-9pm	LADIES 8pm end	ADULT	ADULT

Time	Saturday	Sunday
8:30-9am	BLUE	
9-10am	RED	ADULT
10-11am	ORANGE GREEN	
11-12pm	YELLOW	

COACHING TIMETABLE

** Please note there are no coaching groups on Wednesdays & Fridays*