

TIMETABLE



	MOND	TUES	WEDNESD	THURSDAY	FRIDAY	SATURDAY
08.30	SGPT		SGPT		SGPT	SWEAT
09.30	SGPT	SGPT	SGPT	SGPT	SGPT	
10.30		ZONE MATCH		ZONE MATCH		
11.30						
12.30	SGPT	SGPT	SGPT	SGPT	SGPT	
13.30	SGPT		SGPT		SGPT	
14.30						
17.30	BUILD		BUILD		BUILD	
18.30	SGPT	SWEAT	SGPT	SWEAT	SGPT	
19.30	SGPT	SGPT	SGPT	SGPT	SGPT	
20.30		SGPT		SGPT		