



Frankston Training Sessions

The following training sessions are available at Frankston.

Effective 8 May 2018.

Bronze Squad Members are expected to train **three** times per week.

Silver Squad Members are expected to train **four** times per week.

Gold Squad Members are expected to train **five** to **six** times per week.

Bronze Squad

Day	Start	End	Session	Coach
Mon	6:15pm	7:45pm	Includes Dryland	Jess
Tue	6:30am	7:30am	No Dryland	James
Wed	6:45pm	7:45pm	No Dryland	James
Thu	4:00pm	5:30pm	Includes Dryland	Jess
Fri	6:30am	7:30am	No Dryland	Angus (Gus)



Silver Squad

Day	Start	End	Session	Coach
Mon	6:00am	7:30am	No Dryland	Jess and Angus (Gus)
Tue	6:00am	7:30am	No Dryland	Jess and James
Tue	6:00pm	8:00pm	Includes Dryland	Jess and Angus (Gus)
Thu	6:00am	7:30am	No Dryland	Angus (Gus)
Thu	5:30pm	7:30pm	Includes Dryland	Jess and Angus (Gus)
Fri	6:00am	7:30am	No Dryland	Angus (Gus)
Fri	5:00pm	7:00pm	No Dryland	Jess and Angus (Gus)

Gold Squad

Day	Start	End	Session	Coach
Mon	5:30am	7:30am	No Dryland	Jess
Tue	5:30am	7:30am	No Dryland	Jess and James
Tue	6:00pm	8:00pm	Includes Dryland	Jess
Thu	5:30am	7:30am	No Dryland	Jess
Thu	5:30pm	7:30pm	Includes Dryland	Jess
Fri	5:30am	7:30am	No Dryland	Jess
Fri	5:00pm	7:00pm	No Dryland	Jess