



## Narre Warren Training Sessions

The following training sessions are available at Narre Warren.

Effective 3 December 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	6:00am	7:30am	Includes Dryland	Miranda
Tue	7:00pm	8:00pm	No Dryland	Jake
Thu	6:00am	7:00am	No Dryland	Miranda
Fri	7:00pm	8:00pm	No Dryland	Miranda
Sat	12:15pm	1:45pm	Includes Dryland	Jake



## Silver Squad/ Silver Fitness

Day	Start	End	Session	Coach
<b>Mon</b>	5:30am	7:30am	Includes Dryland	Derren
<b>Tue</b>	5:30am	7:00am	No Dryland	Miranda
<b>Tue</b>	7:00pm	8:30pm	No Dryland	Miranda
<b>Wed</b>	7:00pm	8:30pm	No Dryland	Derren
<b>Thu</b>	5:30am	7:00am	No Dryland	Miranda
<b>Fri</b>	5:30am	7:00am	No Dryland	Scott
<b>Sat</b>	12:15pm	2:15pm	Includes Dryland	Miranda

## Gold Squad

Day	Start	End	Session	Coach
<b>Mon</b>	5:30am	7:30am	Includes Dryland	Derren
<b>Tue</b>	5:30am	7:30am	No Dryland	Miranda
<b>Tue</b>	6:30pm	8:30pm	No Dryland	Miranda
<b>Wed</b>	7:00pm	8:30pm	No Dryland	Derren
<b>Thu</b>	5:30am	7:30am	No Dryland	Miranda
<b>Fri</b>	5:30am	7:30am	No Dryland	Scott
<b>Sat</b>	12:15pm	2:15pm	Includes Dryland	Miranda