



Kingborough Girls Team January Holiday Training Times 2023

Program	Monday	Tuesday	Wednesday	Thursday	Friday		Monday	Tuesday	Wednesday	Thursday	Friday
	2/01/2023	3/01/2023	4/01/2023	5/01/2023	6/01/2023		9/01/2023	10/01/2023	11/01/2023	12/01/2023	13/01/2023
High Performance		3.30-5.30						3.30-5.30			
Senior Team		8.30 - 12.30		8.30 - 12.30	8.30 - 12.30		8.30 - 12.30	8.30 - 12.30		8.30 - 12.30	8.30 - 12.30
Senior Development		8.30 - 12.30		8.30 - 12.30	8.30 - 12.30		8.30 - 12.30	8.30 - 12.30		8.30 - 12.30	8.30 - 12.30
Pre-Senior		8.30 - 12.30		8.30 - 12.30	8.30 - 12.30		8.30 - 12.30	8.30 - 12.30		8.30 - 12.30	8.30 - 12.30
Team Gold		8.30 - 12.30		8.30 - 12.30	8.30 - 12.30		8.30 - 12.30	8.30 - 12.30		8.30 - 12.30	8.30 - 12.30
Team Silver 3.30		3.00-6.00pm		3.00-6.00pm				3.00-6.00pm		3.00-6.00pm	
Team Bronze 3.30		3.00-6.00pm		3.00-6.00pm				3.00-6.00pm		3.00-6.00pm	
Team Silver 4.30		4.00-7.00pm		4.00-7.00pm				4.00-7.00pm		4.00-7.00pm	
Team Bronze 4.30		4.00-7.00pm		4.00-7.00pm				4.00-7.00pm		4.00-7.00pm	
JD Silver		3.00-6.00pm		3.00-6.00pm	3.00-6.00 Replacing Saturday			3.00-6.00pm		3.00-6.00pm	3.00-6.00 Replacing Saturday
JD Bronze		3.00-6.00pm		3.00-6.00pm	3.00-6.00 Replacing Saturday			3.00-6.00pm		3.00-6.00pm	3.00-6.00 Replacing Saturday



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Program	Monday	Tuesday	Wednesday	Thursday	Friday		Monday	Tuesday	Wednesday	Thursday	Friday
	16/01/2023	17/01/2023	18/01/2023	19/01/2023	20/01/2023		23/01/2023	24/01/2023	25/01/2023	26/01/2023	27/01/2023
High Performance		3.30-5.30									
Senior Team	8.30 - 12.30	8.30 - 12.30		8.30 - 12.30	8.30 - 12.30		8.30 - 12.30	8.30 - 12.30			8.30 - 12.30
Senior Development	8.30 - 12.30	8.30 - 12.30		8.30 - 12.30	8.30 - 12.30		8.30 - 12.30	8.30 - 12.30			8.30 - 12.30
Pre-Senior	8.30 - 12.30	8.30 - 12.30		8.30 - 12.30	8.30 - 12.30		8.30 - 12.30	8.30 - 12.30			8.30 - 12.30
Team Gold	8.30 - 12.30	8.30 - 12.30		8.30 - 12.30	8.30 - 12.30		8.30 - 12.30	8.30 - 12.30			8.30 - 12.30
Team Silver 3.30		3.00-6.00pm		3.00-6.00pm				3.00-6.00pm			
Team Bronze 3.30		3.00-6.00pm		3.00-6.00pm				3.00-6.00pm			
Team Silver 4.30		4.00-7.00pm		4.00-7.00pm				4.00-7.00pm			
Team Bronze 4.30		4.00-7.00pm		4.00-7.00pm				4.00-7.00pm			
JD Silver		3.00-6.00pm		3.00-6.00pm	3.00-6.00 Replacing Saturday			3.00-6.00pm			3.00-6.00 Replacing Saturday
JD Bronze		3.00-6.00pm		3.00-6.00pm	3.00-6.00 Replacing Saturday			3.00-6.00pm			3.00-6.00 Replacing Saturday

*House Team
Fun Night
Friday 27th