

## West's Junior Rugby Training Schedule 2016

	Sunday	Monday	Tuesday	Wednesday	Wednesday - Nairnville	Thursday	Friday	
8:00 - 8:30	Nursery							
8:30 - 9:00								
9:00 - 9:30								
9:30 - 10:00								
10:00 - 10:30								
10:30 - 11:00								
11:00 - 11:30	U8 Lions							
11:30 - 12:00	Seniors							
12:00 - 12:30								
12:30 - 1:00								
1:00 - 1:30								
1:30 - 2:00								
2:00 - 2:30	U8 Jaguars							
2:30 - 3:00								
3:00 - 3:30	U7 Lions							
3:30 - 4:00								
4:00 - 4:30	U10 Vipers	U7 Piranhas		U6 Cheetahs	U6 Lions			
4:30 - 5:00				U7 Orcas	U7 Pumas			
5:00 - 5:30		U10 Tigers	U7 Wolves	U9 Cheetahs	U10 Cheetahs	U8 Tigers	U9 Lions	
5:30 - 6:00			U9 Tigers	U9 Pumas	U10 Jags	U12 Jags		
6:00 - 6:30					U8s	U12 Sharks		
6:30 - 7:00		U9 Leopards	U11 Wolves	Seniors	U12 Wolves	U12 Crocs	U11 Vipers	U10 Wolves