



Training over the Summer 2017

	Last Week of Term (26Jun - 2 Jul)	Holiday Week 1 (3 Jul - 9 Jul)	Holiday Week 2 (10 Jul - 16 Jul)	Holiday Week 3 (17 Jul - 23 Jul)	Holiday Week 4 (24 Jul - 30 Jul)	Holiday Week 5 (31 Jul - 6 Aug)	Holiday Week 6 (7 Aug - 13 Aug)	First Week of Term (14 Aug - 20 Aug)
<i>Monday</i>	As usual	No Training	No Training	07.15-08.15am (Forres)	07.15-08.15am (Forres)	07.15-08.15am (Forres)	07.15-08.15am (Forres)	07.15-08.15am (Forres)
<i>Tuesday</i>								
<i>Wednesday</i>	As usual	No Training	No Training	No Training	No Training	No Training	No Training	No Training
<i>Thursday</i>								
<i>Friday</i>	As usual	No Training	No Training	5.00-6.00pm (Forres)	5.00-6.00pm (Forres)	5.00-6.00pm (Forres)	5.00-6.00pm (Forres)	Back to normal (Taster Session)
<i>Saturday</i>	No Training	No Training	No Training	No Training	No Training	No Training	No Training	Back to normal (inc land training)
<i>Sunday</i>								

Notes: ALL sessions are open to EVERYONE whether or not they normally train on that particular day. From Friday 18th August training reverts back to normal. All the Monday sessions will be from 07.15-08.15am. We will keep people informed of any social/fun events over the summer!