

WEEK 1 DECEMBER	TEAM	MONDAY 15th	TUESDAY 16th	WENDESDAY 17th	THURSDAY 18th	FRIDAY 19th	SATURDAY 20th	TOTAL HRS
JANE	CT1		3.00pm-5.00pm			3.00pm-5.00pm		4hrs
JANE	CT2b		3.00pm-5.00pm		3.00pm-5.00pm	3.00pm-5.00pm		6hrs
JANE	CT2a	3.00pm-5.30pm		3.00pm-5.30pm		3.00pm-5.30pm		7.5hrs
NATASHA	CT 2	9.30am-12.30pm		9.30am-12.30pm		9.30am-12.30pm		9hrs
NATASHA	CT5	12.30pm-4.30pm	9.30am-1.30pm	12.30pm-4.00pm	9.30am-1.00pm			15hrs
SHANNON	WAG CT3b	3.30pm-6.30pm	3.30pm-6.30pm		3.30pm-6.30pm			9hrs
SHANNON	WAG CT3 a	7.30am-11.30am	7.30am-11.00am		7.30am-10.00am	WET 'N' WILD		10hrs
NADIA	WAG SENIORS		11.00am-3.00pm	7.30am-11.30am	7.30am-10.00am	WET 'N' WILD		10.5hrs
NADIA	WAG CT3/4		7.30am-11.00am	9.30am-1.30pm	7.30am-10.00am	WET 'N' WILD		10hrs
WEEK 2 DECEMBER	TEAM	MONDAY 22nd	TUESDAY 23rd	WENDESDAY 24th	THURSDAY 25th	FRIDAY 26th	SATURDAY 27th	
	<i>ALL CT TEAMS</i>	<i>NO TRAINING</i>	<i>NO TRAINING</i>	<i>NO TRAINING</i>	<i>NO TRAINING</i>	<i>NO TRAINING</i>	<i>NO TRAINING</i>	
NADIA	HAWAII GIRLS	7.30am-11.00am	7.30am-11.00am					7hrs
WEEK 3 DECEMBER / JAN	TEAM	MONDAY 29th	TUESDAY 30th	WENDESDAY 31st	THURSDAY 1st	FRIDAY 2nd	SATURDAY 3rd	
	<i>ALL CT TEAMS</i>	<i>NO TRAINING</i>	<i>NO TRAINING</i>	<i>NO TRAINING</i>	<i>NO TRAINING</i>	<i>NO TRAINING</i>	<i>NO TRAINING</i>	
NADIA	HAWAII GIRLS	7.30am-11.00am	7.30am-11.00am					7hrs
WEEK 4 JANUARY	TEAM	MONDAY 5th	TUESDAY 6th	WENDESDAY 7th	THURSDAY 8th	FRIDAY 9th	SATURDAY 10th	
JANE	TEAM 8		3.00pm-5.00pm		3.00pm-5.00pm			4hrs
JANE	TEAM 7		3.00pm-5.00pm		3.00pm-5.00pm	7.30am-9.30am		6hrs
JANE	TEAM 6	3.00pm-6.00pm		3.00pm-6.00pm		7.30am-10.30am		9hrs
NATASHA	TEAM 5	9.30am-12.30pm		9.30am-12.30pm	9.30am-12.30pm			9hrs
NATASHA	TEAM 2	12.30pm-4.30pm	9.30am-1.30pm	12.30pm-4.00pm	12.30pm-4.00pm			15hrs
MICHELLE	TEAM 4	3.30pm-6.30pm	3.30pm-6.30pm		3.30pm-6.30pm			9hrs
SHANNON	TEAM 3		7.30am-10.30am	10.30am-1.30pm		10.30am-1.30pm		9hrs
NADIA	TEAM 1		10.30am-1.30pm	7.30am-10.30am	7.30am-10.30am	7.30am-10.30am		12hrs

WEEK 5 JANUARY	TEAM	MONDAY 12th	TUESDAY 13th	WENDESDAY 14th	THURSDAY 15th	FRIDAY 16th	SATURDAY 17th	
JANE	TEAM 8		3.00pm-5.00pm		3.00pm-5.00pm			4hrs
JANE	TEAM 7	3.00pm-5.00pm	3.00pm-5.00pm		3.00pm-5.00pm			6hrs
JANE	TEAM 6	3.00pm-6.00pm		3.00pm-6.00pm	7.30am-10.30am			9hrs
NATASHA	TEAM 5			9.30am-12.30pm	9.30am-12.30pm	9.30am-12.30pm		9hrs
NATASHA	TEAM 2			12.30pm-4.30pm	12.30pm-4.30pm	12.30-4.30pm		12hrs
MICHELLE	TEAM 4	3.30pm-6.30pm		10.30am-2.30pm	3.30pm-6.30pm			10hrs
SHANNON	TEAM 3			10.30am-2.30pm	7.30am-11.30am			8hrs
NADIA	TEAM 1			7.30am-11.30am	10.30am-2.30pm			8hrs
WEEK 6 JANUARY	TEAM	MONDAY 19th	TUESDAY 20th	WENDESDAY 21st	THURSDAY 22nd	FRIDAY 23rd	SATURDAY 24th	
JANE	TEAM 8		3.45pm-5.45pm		3.45pm-5.45pm			4hrs
JANE	TEAM 7		3.45pm-5.45pm		3.45pm-5.45pm	7.30am-9.30am		6hrs
JANE	TEAM 6	3.45pm-6.45pm		3.45pm-6.45pm		7.30am-10.30am		9hrs
NATASHA	TEAM 5	9.30am-12.30pm		9.30am-12.30pm	9.30am-12.30pm			9hrs
NATASHA	TEAM 2	12.30pm-4.30pm	9.30am-1.30pm	12.30pm-4.00pm	12.30pm-4.00pm			15hrs
MICHELLE	TEAM 4	3.30pm-7.00pm	3.30pm-7.00pm		3.30pm-7.00pm	3.30pm-7.00pm		14hrs
SHANNON	TEAM 3	11.30am-3.00pm	11.30am-3.30pm	7.30am-11.00am		7.30am-10.30am		14hrs
NADIA	TEAM 1	7.30am-11.30am	7.30am-11.30am		7.30am-11.30am	10.30am-2.30pm		16hrs