

## PNSC EASTER TRAINING CHANGES

Date		Bronze	Potential 2	Club	Silver	Gold	Potential 1	Junior Performance
<b>Thursday <u>morning</u> training as normal</b>								
Thursday PM	29 March 2018	<b>ALL SQUADS</b> No training due to Easter Meet / Bank Holiday						
Friday	30 March 2018							
Saturday	31 March 2018							
Sunday	01 April 2018							
Monday	02 April 2018							
Tuesday	03 April 2018		4 - 5pm MBC	7 - 8 pm MBC	Normal training	Normal training	Normal training	10.00- 12.00 Temeraire
Wednesday	04 April 2018	6 - 7 am MBC	6 - 7 am MBC		Normal training		13.30 - 15.30 Temeraire	Normal training
Thursday	05 April 2018			4 - 5pm MBC		13.30 - 15.30 Temeraire		Normal training
Friday	06 April 2018	7-8pm MBC	6 - 7 am MBC 7 - 8 pm MBC	8 - 9pm MBC	No training (Temeraire closed)	Normal training	Normal training	13.30 - 15.30 Temeraire
Saturday	07 April 2018	3 - 5.30pm MBC	3 - 5.30pm MBC		05.30 - 07.00 MBC	05.30 - 07.00 MBC	05.15 - 07.00 MBC	05.15 - 07.00 MBC
Sunday	08 April 2018							
Monday	09 April 2018	4 - 5pm MBC			Normal training	10.00- 12.00 Temeraire	Normal training	Normal training
Tuesday	10 April 2018		4 - 5pm MBC	7 - 8 pm MBC	Normal training	Normal training	Normal training	10.00- 12.00 Temeraire
Wednesday	11 April 2018	6 - 7 am MBC	6 - 7 am MBC		Normal training		13.30 - 15.30 Temeraire	Normal training
Thursday	12 April 2018			4 - 5pm MBC		13.30 - 15.30 Temeraire		Normal training
Friday	13 April 2018	7-8pm MBC	6 - 7 am MBC 7 - 8 pm MBC	8 - 9pm MBC	No training (Temeraire Closed)	Normal training	Normal training	13.30 - 15.30 Temeraire
Saturday	14 April 2018	<b>Time Trials</b> 3.30 - 6pm	<b>Time Trials</b> 3.30 - 6pm		05.30 - 07.00 MBC	Normal training	Normal training	Normal training