

MASC Session Timetable

		Elite	Competitive A	Competitive B	Youth Potential	Junior Potential	Development	Academy	Competitive Development	Masters
Mon	AM			5:50-7:20						5:50-7:20
	PM	6:00-7:30	6:00-7:30	7:30-9:00	4:30-6:00	7:00-8:00			7:00-8:00	
Tues	AM	5:50-7:20	5:50-7:20	5:50-7:20						5:50-7:20
	PM	6:00-8:00	6:00-8:00	6:00-8:00	6:30-8:00		4:30-6:00		6:30-8:00	8:00-9:00
Wed	AM									
	PM	6:00-8:00	6:00-8:00	6:00-8:00	6:30-8:00	6:30-8:00		5:00-6:00 Invite Only	8:00-9:00	
Thurs	AM	5:50-7:20	5:50-7:20	5:50-7:20	5:50-7:20 Invite Only				5:50-7:20	5:50-7:20
	PM	6:00-8:00	6:00-8:00	6:00-8:00			5:00-6:00	4:00-5:00 Invite Only		8:00-9:00
Fri	AM									
	PM	6:00-8:00	6:00-8:00	6:00-8:00	4:30-6:00 7:30-9:00	4:30-6:00			7:30-9:00	
Sat	AM	6:30-8:30	6:30-8:30	6:30-8:30						6:30-8:30
	PM									
Sun	AM									
	PM				4:00-5:30	4:00-5:30	2:30-4:00	1:00-2:30 Exact timings depend on group	2:30-4:00	2:30-4:00

Land Training	Wed & Fri 5:15-6:00pm	Wed & Fri 5:15-6:00pm	Wed & Fri 5:15-6:00pm	Tues 5:50-6:30pm					Tues 5:50-6:30pm	
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 Session held at Rainbow Centre