

ALPHA SQUAD

| MON AM                      | MON PM | TUE                         | WED                         | THU                         | FRI | SAT                         |
|-----------------------------|--------|-----------------------------|-----------------------------|-----------------------------|-----|-----------------------------|
| Start 07:00<br>Finish 08:00 |        | Start 19:15<br>Finish 20:00 | Start 20:00<br>Finish 21:00 | Start 19:15<br>Finish 20:00 |     | Start 07:15<br>Finish 08:00 |
| LUCTON                      |        | LUCTON                      | LEOMINSTER                  | LUCTON                      |     | LUCTON                      |

GAMMA SQUAD

| MON AM                      | MON PM                      | TUE                         | WED                         | THU                         | FRI | SAT                         |
|-----------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|-----|-----------------------------|
| Start 07:00<br>Finish 08:00 | Start 19:15<br>Finish 20:15 | Start 20:00<br>Finish 21:00 | Start 20:00<br>Finish 21:30 | Start 20:00<br>Finish 21:00 |     | Start 07:15<br>Finish 09:00 |
| LUCTON                      | LUCTON                      | LUCTON                      | LEOMINSTER                  | LUCTON                      |     | LUCTON                      |

DELTA SQUAD

| MON AM                      | MON PM                      | TUE                         | WED                         | THU                         | FRI | SAT                         |
|-----------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|-----|-----------------------------|
| Start 07:00<br>Finish 08:00 | Start 19:15<br>Finish 21:15 | Start 20:00<br>Finish 21:00 | Start 20:00<br>Finish 21:30 | Start 20:00<br>Finish 21:00 |     | Start 07:00<br>Finish 09:00 |
| LUCTON                      | LUCTON                      | LUCTON                      | LEOMINSTER                  | LUCTON                      |     | LUCTON                      |

SIGMA SQUAD

| MON AM                      | MON PM                      | TUE                         | WED                         | THU                         | FRI | SAT                         |
|-----------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|-----|-----------------------------|
| Start 07:00<br>Finish 08:00 | Start 19:15<br>Finish 21:15 | Start 19:15<br>Finish 21:00 | Start 20:00<br>Finish 21:30 | Start 19:15<br>Finish 21:00 |     | Start 07:00<br>Finish 09:00 |
| LUCTON                      | LUCTON                      | LUCTON                      | LEOMINSTER                  | LUCTON                      |     | LUCTON                      |

MASTERS

| MON | TUE | WED                         | THU | FRI | SAT | SUN |
|-----|-----|-----------------------------|-----|-----|-----|-----|
|     |     | Start 20:00<br>Finish 21:30 |     |     |     |     |
|     |     | LEOMINSTER                  |     |     |     |     |