FRIENDS' ROWING - TRAINING SCHEDULE FOR ALL SQUADS

		OPENS		YEAR 10 (U16)		YEAR 9 (U15)		YEAR 8 (U14)		YEAR 7 (U13)	
		Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls
MONDAY	AM										
	PM	GYM	ERGO/GYM	ROW	ROW	ROW/alternate	ROW		ROW		
TUESDAY	AM	ROW	ROW		ROW	ROW	ROW				
	PM			ROW/GYM				ROW		ROW	ROW
WEDNESDAY	AM	ROW	ROW	ROW		ROW	ROW				
	PM	ERGO	ERGO		ERG/ROW						
THURSDAY	AM	ROW	ROW	ROW	ROW			ROW	ROW		
	PM	GYM								ROW	ROW
FRIDAY	AM										
	PM										
SATURDAY	AM	(6.30 - 8.30am) ROW *and 10-11.30*	(8.00am) ROW	(6.30 - 8.30am) ROW	(6.30 - 8.30am) ROW	(6.30-8.30am) ROW	(8.30-10.30am) ROW	(8.30-10.30am) ROW	(8.30-10.30am) ROW		
	PM										
SUNDAY	AM										
	PM										