Ash Centre

UB = UPPER BODY
LB = LOWER BODY

Wednesday

U17B - 4:00-5:00 UB
U18B - 4:00-5:00 LB

U15G - 5:00-6:00 UB
U16G - 5:00-6:00 LB

U13B - 6:00-7:00 speed
U14B - 6:00-7:00 speed
U15B - 6:00-7:00 UB
U16B - 6:00-7:00 LB

U17G - 7:00-8:00 UB
U18G - 7:00-8:00 LB

Friday

U13G - 5:00-6:00 speed
U14G - 5:00-6:00 speed

Sunday

U13G - 4:00-5:00 speed
U14G - 4:00-5:00 speed

U13B - 5:00-6:00 speed
U14B - 5:00-6:00 speed

U15G - 4:00-5:00 LB
U16G - 4:00-5:00 UB

U15B - 5:00-6:00 LB
U16B - 5:00-6:00 UB

U17G - 6:00-7:00 LB
U18G - 6:00-7:00 UB

U17B - 7:00-8:00 LB
U18B - 7:00-8:00 UB