

## LVWASC Squad Timetable (School Term); from T4 2025 –

SQUAD	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DRYSDALE	7-8am (LVW) 4-5pm (LVW)	off 3:30-4:30pm (LVW) 5:30-6:30pm (GRE)	7-8am (LVW) 4-5pm (LVW)	off 3:30-4:30pm (LVW) 5:30-6:30pm (GRE)	7-8am (LVW) 4-5pm (LVW)	8-9am (LVW)
CARRINGTON	6-7am (LVW) 4:15-5:30pm (GRE)	off 4:15-5:30pm (GRE)	6-7am (LVW) 4:15-5:30pm (GRE)	6-7am (LVW) 4:15-5:30pm (GRE)	6-7am (LVW) 4:15-5:30pm (GRE)	6:30-8am (LVW)
ADAMS	6-7:30am (LVW) 5:30-7pm (GRE)	off 5-6pm dryland 6-7pm (LVW)	6-7:30am (LVW) 5:30-7pm (GRE)	off 5-6pm dryland 6-7pm (LVW)	6-7:30am (LVW) 5:30-7pm (GRE)	6:30-8am (LVW)
DEVOY	6-7:30am (GRE) 5-6:30pm (LVW)	6-7:30am (GRE) off 6-7pm dryland only	6-7:30am (GRE) 5-6:30pm (LVW)	off 4:30-6pm (LVW) 6-7pm dryland	6-7:30am (GRE) 5-7pm (LVW)	6:30-8am (LVW)
LOADER/ HILLARY	6-7:30am (GRE) 5-7pm (LVW)	6-7:30am (GRE) 4:30-6pm (LVW) 6-7pm dryland	off 5-7pm (LVW)	6-7:30am (GRE) off 6-7pm dryland	6-7:30am (GRE) 5-7pm (LVW)	7:15-9:30am (Rotorua)

Youth Fit	7-8pm (LVW)	7-8pm (LVW)	7-8pm (LVW)	7-8pm (LVW)	off	off
Advanced Fit	6-7:30am (LVW) 7-8pm (LVW)	off 7-8pm (LVW)	6-7:30am (LVW) 7-8pm (LVW)	off 7-8pm (LVW)	6-7:30am (LVW) off	off