

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Leisureland					
6.00-7.45 AM All Squads	5.45-7.15 PM Black Silver Blue	6.00-7.45 AM All Squads	4.15-5.45 PM All Squads	5.45-7.15 PM Black Silver Blue	6.15-7.45/8.30 PM All Squads

Salthill Hotel					
	5.30 - 7.00 PM Yellow			5.30 - 7.00 PM Green White	