

Acro Squads Easter Training 2010

WEEK 1

Monday 5 th April	6 – 8.30	FIG
Tuesday 6 th April	6 – 8.30	FIG & ESPOIR
Wednesday 7 th April	10 – 12	FIG & ESPOIR
	6 – 8.30	ALL SQUADS
Friday 9 th April	6 – 8.30	ALL SQUADS
Saturday 10 th April	1 – 4	ALL SQUADS

WEEK 2

Monday 12 th April	6 – 8.30	FIG
Tuesday 13 th April	6 – 8.30	FIG & ESPOIR
Wednesday 14 th April	10 – 12	FIG & ESPOIR
	6 – 8.30	ALL SQUADS
Friday 16 th April	6 – 8.30	ALL SQUADS
Saturday 17 th April	1 – 4	ALL SQUADS

Acro Squads Easter Training 2010

WEEK 1

Monday 5 th April	6 – 8.30	FIG
Tuesday 6 th April	6 – 8.30	FIG & ESPOIR
Wednesday 7 th April	10 – 12	FIG & ESPOIR
	6 – 8.30	ALL SQUADS
Friday 9 th April	6 – 8.30	ALL SQUADS
Saturday 10 th April	1 – 4	ALL SQUADS

WEEK 2

Monday 12 th April	6 – 8.30	FIG
Tuesday 13 th April	6 – 8.30	FIG & ESPOIR
Wednesday 14 th April	10 – 12	FIG & ESPOIR
	6 – 8.30	ALL SQUADS
Friday 16 th April	6 – 8.30	ALL SQUADS
Saturday 17 th April	1 – 4	ALL SQUADS