



REGULAR TIMETABLE

MONDAY	HEREFORD	HEREFORD	
	5.45 - 7am	7.30-9pm	
	OPEN TO ALL SQUADS	SENIOR ONE	YOUTH ONE
		SENIOR TWO	YOUTH TWO
		SENIOR THREE	YOUTH THREE
MASTERS ONE		JUNIOR ONE	

TUESDAY		LEOMINSTER	ROSS ON WYE
		8-9.30pm	7.30-9pm
		SENIOR ONE	SENIOR TWO
		SENIOR THREE	SENIOR FIVE
		YOUTH ONE	YOUTH TWO
		YOUTH THREE	JUNIOR TWO (a)
		YOUTH FOUR	
		JUNIOR ONE	
	JUNIOR TWO (b)		

WEDNESDAY			
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THURSDAY		HEREFORD	HEREFORD	ROSS ON WYE
		6-7pm LAND TRAINING	7-9pm	7.30-9pm
		SENIOR ONE	SENIOR ONE	JUNIOR ONE
		SENIOR TWO	SENIOR TWO	JUNIOR TWO
		YOUTH ONE	MASTERS ONE	JUNIOR THREE
		YOUTH TWO	7-8pm	8-9pm
		YOUTH THREE	YOUTH ONE	SENIOR THREE
		YOUTH FOUR	YOUTH TWO	SENIOR FOUR
			YOUTH THREE	YOUTH FIVE
			YOUTH FOUR	MASTERS TWO
				SENIOR WATER POLO SWIM
			YOUTH WATER POLO SWIM	

FRIDAY	HEREFORD	HEREFORD	HEREFORD	ROSS ON WYE	ROSS ON WYE
	5.45 - 7am	7-8pm	8-9.30pm	6.30-7.30pm	7.30-9pm
	OPEN TO ALL SQUADS	JUNIOR ONE	SENIOR ONE	ACADEMY	SENIOR TWO
		JUNIOR TWO (b)	SENIOR THREE	DEVELOPMENT THREE	SENIOR FIVE
		JUNIOR THREE	SENIOR FOUR	ACADEMY WATER POLO SWIM	MASTERS TWO
		JUNIOR FOUR	MASTERS ONE		YOUTH TWO
		DEVELOPMENT ONE	YOUTH ONE		YOUTH SIX
		DEVELOPMENT TWO	YOUTH THREE		
			YOUTH FOUR		
			YOUTH FIVE		

SUNDAY		HEREFORD	HEREFORD	HEREFORD
		1.15-2.15pm	2.15-4.15pm	4.15-5.15pm
		DEVELOPMENT ONE	SENIOR ONE	YOUTH ONE
		DEVELOPMENT TWO	SENIOR TWO	YOUTH TWO
		DEVELOPMENT THREE	SENIOR THREE	YOUTH THREE
		ACADEMY	SENIOR FOUR	
		JUNIOR FOUR	2.15-3.15pm	3.15-4.15pm
			JUNIOR TWO (b)	YOUTH FOUR
			JUNIOR THREE	JUNIOR ONE
				JUNIOR TWO (a)