

Manly Squad Schedule

Monday	Seniors 7 - 8.30 am		
Tuesday	Seniors 5.30 - 7 am	Gold 7 - 8 am	Masters Fitness 6 - 7.00pm
		Silver 7 - 8 am	Teen Fitness 6 - 7.00pm
		Bronze 7 - 8 am	
Wednesday	Seniors 7 - 8.30am	Seniors 8.30 - 9.30am	
	Gold 7 - 8 am		
	Silver 7 - 8 am		
	Bronze 7 - 8 am		
Thursday	Seniors 5.30 - 7 am	Gold 7 - 8 am	Masters Fitness 6 - 7.00pm
		Silver 7 - 8 am	Teen Fitness 6 - 7.00pm
		Bronze 7 - 8 am	
Friday	Gold 7 - 8 am		
	Silver 7 - 8 am		
	Bronze 7 - 8 am		