

Times for Academy sessions starting the week of 7/3/11

Organised sessions

Monday's

AM – Hitting session with Lindsey at Hamilton 7.00am – 8.00am

PM – Recovery session with Adrian at Wintec 4.45pm – 5.30pm

Tuesday's

AM – Hitting session with Lindsey at Hamilton 7.00am – 8.30am

Wednesday's

PM – Aerobic session with Adrian at Wintec 4.45pm – 5.45pm

Thursday's

AM – Hitting session with Lindsey at Hamilton 7.00am – 8.00am

PM – Weights session with Adrian at Wintec 4pm – 5pm

Friday's

PM – Hitting session with Lindsey at Cambridge 3.30pm – 5.00pm