

Astro Weekly Scheduled Use

	Mon		Tue		Wed		Thu	
	Pitch 1	Pitch 2	Pitch 1	Pitch 2	Pitch 1	Pitch 2	Pitch 1	Pitch 2
17.00 - 17.30								
17.30 - 18.00					Football : Wilmslow Town - Juniors			
18.00 - 18.30	Football		Juniors 11 - 13	Juniors 5 - 11	Ladies 1s & Performance Squad	Men's 3/4/5	Lacrosse Juniors	
18.30 - 19.00			Ladies 2/3/4/5	Men's 2s & Performance Squad			Men's 1s & Performance Squad	Lacrosse Seniors
19.00 - 19.30								
19.30 - 20.00								
20.00 - 20.15								
20.15 - 20.30								
20.30 - 21.00	Ladies 1s & Invited Performance Squad	Men's 1s & Invited Performance Squad						
21.00 - 21.30								
21.30 - 22.00								

		Sun	
		Pitch 1	Pitch 2
09.30 - 11.00		Juniors	

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| <ol style="list-style-type: none"> 1. Classroom / Hudl Sessions Pre / Post on Pitch Training in the Clubhouse 2. Athletic warm up & down off pitch where possible. |
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