

Easter Training Programme 2013				
	A Squad	B Squad	C Squad	D Squad
Friday 29th March	Good Friday No Training			
Saturday 30th March	6.00am - 8.00am Hebburn PC	6.00am - 8.00am Hebburn PC		9.00am - 10.00am Jarrow DH
Sunday 31st March	Easter Sunday No Training			
Monday 1st April	Easter Monday No Training			
Tuesday 2nd April	5.00pm - 7.00pm Jarrow JC	5.00pm - 7.00pm Jarrow JC	5.00pm - 7.00pm Jarrow JC	
Wednesday 3rd April	7.45pm - 9.15pm Hebburn PC	7.45pm - 9.15pm Hebburn PC	7.45pm - 9.15pm Hebburn PC	
Thursday 4th April	6.30pm - 8.00pm Jarrow PC	6.30pm - 8.00pm Jarrow PC	6.30pm - 8.00pm Jarrow PC	
Friday 5th April	5.00pm - 6.30pm Hebburn PC	5.00pm - 6.30pm Hebburn PC	5.00pm - 6.30pm Hebburn PC	
Saturday 6th April	6.00am - 8.00am Hebburn PC	6.00am - 8.00am Hebburn PC	6.00am - 8.00am Hebburn PC	9.00am - 10.00am Jarrow CM
Sunday 7th April	No Training			
Monday 8th April	5.00pm - 6.30pm Hebburn PC	5.00pm - 6.30pm Hebburn PC	5.00pm - 6.30pm Hebburn PC	4.00pm - 5.00pm Hebburn PC
Tuesday 9th April	5.00pm - 8.00pm Boldon PR	5.00pm - 7.00pm Jarrow JC	6.00pm - 7.00pm Boldon Gym	
Wednesday 10th April	5.00pm - 7.00pm Boldon	7.45pm - 9.15pm Hebburn PC	7.45pm - 9.15pm Hebburn PC	7.45pm - 8.45pm Hebburn
Resume Back To Normal Training				