

LEVEL 1 BLACK - APRIL 2019

Coach: Lisa Hodge

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 OFF	1 6.00 – 7.30 pm Jimmy Thompson	2 6.30 – 8.00 pm Jimmy Thompson	3 6.00 – 7.00 pm PJ – Dryland Optional	4 6.30 – 8.00 pm Jimmy Thompson	5 OFF	6 HAC INV
7 HAC INV	8 6.00 – 7.30 pm Jimmy Thompson	9 6.30 – 8.00 pm Jimmy Thompson	10 6.00 – 7.00 pm PJ – Dryland Optional	11 OFF	12 OFF	13 8:00-9:30 am Central
14 OFF	15 6.00 – 7.30 pm Jimmy Thompson	16 6.30 – 8.00 pm Jimmy Thompson	17 6.00 – 7.00 pm PJ – Dryland Optional	18 6.30 – 8.00 pm Jimmy Thompson	19 OFF GOOD FRIDAY	20 OFF
21 OFF	22 OFF EASTER MONDAY	23 6.30 – 8.00 pm Jimmy Thompson	24 6.00 – 7.00 pm PJ – Dryland Optional	25 6.30 – 8.00 pm Jimmy Thompson	26 OFF	27 SUDBURY
28 SUDBURY	29 6.00 – 7.30 pm Jimmy Thompson	30 6.30 – 8.00 pm Jimmy Thompson	1 6.00 – 7.00 pm PJ – Dryland Optional	2 6.30 – 8.00 pm Jimmy Thompson	3 OFF	4 OFF