

Pure Sports Training Schedule

| | | WEEK 1 | | | | | | | |
|------------------|-----------------|----------------------------|-----------------------------------|----------------------------|-----------------|-------------------------------|-----------|--|--|
| | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | | | |
| ASTRO | 5.30pm - 6.30pm | | Rockets(John), Wolves(Tim) | | | Saints (Ray Pattison) | | | |
| | | | John Lakin 827716 / 07815 813 941 | | | 01527 574765 | | | |
| | | | Tim Owens 798192 / 07765 994 737 | | | 07974 519403 | | | |
| ASTRO | 6.30pm - 7.30pm | Foxes (Mark Seager) | Arrows (Mark Bowen) | | | | | | |
| | | 01905 774205 | 01905 796903 | | | | | | |
| | | 07798 838139 | 07920 773643 | | | | | | |
| ASTRO | 7.30pm - 8.30pm | Ravens (Paul Drury) | | | | | | | |
| | | 01905 771377 | | | | | | | |
| | | 07870 265924 | | | | | | | |
| HIGH SCHOOL | 6.00pm - 7.00pm | | | | | Panthers (Rob Heywood) | | | |
| | | | | | | 01905 796825 / 07899 013 356 | | | |
| | 7.00pm - 8.00pm | | | | | | | | |
| PERDISWELL ASTRO | 6.00pm - 7.00pm | | | | | | | | |
| | 7.00pm - 8.00pm | | | Hawks (Paul Deehan) | | | | | |
| | | | | 01527 821392 | | | | | |
| | | | | 07980 812624 | | | | | |
| Week beginning | Plan week | | Week beginning | Plan week | | Week beginning | Plan week | | |
| 05 Oct 09 | 1 | | 07 Dec 09 | 2 | | 01 Feb 10 | 4 | | |
| 12 Oct 09 | 2 | | 14 Dec 09 | 3 | | 08 Feb 10 | 1 | | |
| 19 Oct 09 | 3 | | 21 Dec 09 | N/A | | 15 Feb 10 | 2 | | |
| 26 Oct 09 | 4 | | 28 Dec 09 | N/A | | 22 Feb 10 | 3 | | |
| 02 Nov 09 | 1 | | 04 Jan 10 | 4 | | 01 Mar 10 | 4 | | |
| 09 Nov 09 | 2 | | 11 Jan 10 | 1 | | 08 Mar 10 | 1 | | |
| 16 Nov 09 | 3 | | 18 Jan 10 | 2 | | 15 Mar 10 | 2 | | |
| 23 Nov 09 | 4 | | 25 Jan 10 | 3 | | 22 Mar 10 | 3 | | |
| 30 Nov 09 | 1 | | | | | 29 Mar 10 | 4 | | |

Pure Sports Training Schedule

| | | WEEK 2 | | | | |
|------------------|-----------------|---------------|--------------------------------|------------------|-------------------------------------|---------------|
| | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| ASTRO | 5.30pm - 6.30pm | | Stingrays (Mark Duggan) | | Leopards(Sarah), Sharks(Kim) | |
| | | | 01905 779727 | | Sarah Glover: 07977 404 563 | |
| | | | 07765 214953 | | Kim Lennard: 07788 543 729 | |
| ASTRO | 6.30pm - 7.30pm | | Hawks (Paul Deehan) | | Rhinos (Michael Chang) | |
| | | | 01527 821392 | | 01905 770441 | |
| | | | 07980 812624 | | 07714 269 680 | |
| ASTRO | 7.30pm - 8.30pm | | Dragons (Ron Williams) | | Terriers (Jon Glover) | |
| | | | 01905 772141 | | 01299 851735 | |
| | | | 07706 104861 | | 07715 759 768 | |
| HIGH SCHOOL | 6.00pm - 7.00pm | | | | | |
| | 7.00pm - 8.00pm | | | | | |
| PERDISWELL ASTRO | 6.00pm - 7.00pm | | | | | |
| | 7.00pm - 8.00pm | | | | | |

| Week beginning | Plan week | Week beginning | Plan week | Week beginning | Plan week |
|----------------|-----------|----------------|-----------|----------------|-----------|
| 05 Oct 09 | 1 | 07 Dec 09 | 2 | 01 Feb 10 | 4 |
| 12 Oct 09 | 2 | 14 Dec 09 | 3 | 08 Feb 10 | 1 |
| 19 Oct 09 | 3 | 21 Dec 09 | N/A | 15 Feb 10 | 2 |
| 26 Oct 09 | 4 | 28 Dec 09 | N/A | 22 Feb 10 | 3 |
| 02 Nov 09 | 1 | 04 Jan 10 | 4 | 01 Mar 10 | 4 |
| 09 Nov 09 | 2 | 11 Jan 10 | 1 | 08 Mar 10 | 1 |
| 16 Nov 09 | 3 | 18 Jan 10 | 2 | 15 Mar 10 | 2 |
| 23 Nov 09 | 4 | 25 Jan 10 | 3 | 22 Mar 10 | 3 |
| 30 Nov 09 | 1 | | | 29 Mar 10 | 4 |

Pure Sports Training Schedule

| Week 3 | | | | | | |
|------------------|-----------------|--------|-------------------------------|------------------------------|-----------------------------------|-----------|
| | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| ASTRO | 5.30pm - 6.30pm | | Cougars (Martin Boyce) | | Wildcats(Duncan Howells) | |
| | | | 01905 797603 | | 01905 770548 | |
| | | | 07974 018 080 | | 07889 255 546 | |
| ASTRO | 6.30pm - 7.30pm | | | | | |
| ASTRO | 7.30pm - 8.30pm | | Dragons (Ron Williams) | | Conkers(David Roden-Smith) | |
| | | | 01905 772141 | | 01527 835264 | |
| | | | 07706 104861 | | 07920 724 697 | |
| ASTRO | 8.30pm - 9.30pm | | Dons (Duncan Howells) | | | |
| | | | 01905 770548 | | | |
| | | | 07889 255 546 | | | |
| HIGH SCHOOL | 6.00pm - 7.00pm | | | Pumas (Nick Sankey) | | |
| | | | | 01905 778222 / 07506 378 754 | | |
| | 7.00pm - 8.00pm | | | Lions (Mark Solloway) | | |
| | | | | 01905 776644 / 07817 471 020 | | |
| PERDISWELL ASTRO | 6.00pm - 7.00pm | | | | | |
| | 7.00pm - 8.00pm | | | | | |
| Week beginning | Plan week | | Week beginning | Plan week | Week beginning | Plan week |
| 05 Oct 09 | 1 | | 07 Dec 09 | 2 | 01 Feb 10 | 4 |
| 12 Oct 09 | 2 | | 14 Dec 09 | 3 | 08 Feb 10 | 1 |
| 19 Oct 09 | 3 | | 21 Dec 09 | N/A | 15 Feb 10 | 2 |
| 26 Oct 09 | 4 | | 28 Dec 09 | N/A | 22 Feb 10 | 3 |
| 02 Nov 09 | 1 | | 04 Jan 10 | 4 | 01 Mar 10 | 4 |
| 09 Nov 09 | 2 | | 11 Jan 10 | 1 | 08 Mar 10 | 1 |
| 16 Nov 09 | 3 | | 18 Jan 10 | 2 | 15 Mar 10 | 2 |
| 23 Nov 09 | 4 | | 25 Jan 10 | 3 | 22 Mar 10 | 3 |
| 30 Nov 09 | 1 | | | | 29 Mar 10 | 4 |

Pure Sports Training Schedule

| | | WEEK 4 | | | | |
|------------------|-----------------|---------------|----------------|------------------|------------------------------|---------------|
| | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| ASTRO | 5.30pm - 6.30pm | | | | | |
| ASTRO | 6.30pm - 7.30pm | | | | | |
| ASTRO | 7.30pm - 8.30pm | | | | | |
| ASTRO | 8.30pm - 9.30pm | | | | | |
| HIGH SCHOOL | 6.00pm - 7.00pm | | | | | |
| | 7.00pm - 8.00pm | | | | | |
| PERDISWELL ASTRO | 6.00pm - 7.00pm | | | | Cobras (David Hughes) | |
| | | | | | 01905 799190 | |
| | | | | | 07800 695362 | |
| | 7.00pm - 8.00pm | | | | | |

| Week beginning | Plan week | Week beginning | Plan week | Week beginning | Plan week |
|----------------|-----------|----------------|-----------|----------------|-----------|
| 05 Oct 09 | 1 | 07 Dec 09 | 2 | 01 Feb 10 | 4 |
| 12 Oct 09 | 2 | 14 Dec 09 | 3 | 08 Feb 10 | 1 |
| 19 Oct 09 | 3 | 21 Dec 09 | N/A | 15 Feb 10 | 2 |
| 26 Oct 09 | 4 | 28 Dec 09 | N/A | 22 Feb 10 | 3 |
| 02 Nov 09 | 1 | 04 Jan 10 | 4 | 01 Mar 10 | 4 |
| 09 Nov 09 | 2 | 11 Jan 10 | 1 | 08 Mar 10 | 1 |
| 16 Nov 09 | 3 | 18 Jan 10 | 2 | 15 Mar 10 | 2 |
| 23 Nov 09 | 4 | 25 Jan 10 | 3 | 22 Mar 10 | 3 |
| 30 Nov 09 | 1 | | | 29 Mar 10 | 4 |