

# RUYTON TERM 4 2022 DEVELOPMENT & FITNESS

\*Sessions are subject to availability

## Training Requirements:

**Dev. Bronze:** Min. 1 session per week  
**Dev. Silver:** Min. 2 sessions per week  
**Dev Gold:** Min. 3 sessions per week  
**Fitness:** No minimum required

## Term Dates:

10 weeks, Mon 3<sup>rd</sup> October – Thu 8<sup>th</sup> December  
 Monday 31<sup>st</sup> October – No training

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
AM	<b>Gold</b> 6:15 – 7:15am	<b>Fitness</b> 6.30 - 7.30am		<b>Gold</b> 6:30 – 7:30am	<b>Fitness</b> 6:30 – 7:30am	<b>Silver</b> 7 - 8am	<b>Gold</b> 7 - 8am
						<b>Bronze</b> 8 - 9am	
PM	<b>Bronze</b> 4 – 5pm	<b>Silver</b> 4 - 5pm		<b>Bronze</b> 4 – 5pm	<b>Silver</b> 4 - 5pm	<b>Bronze</b> 4 - 5pm	<b>Silver</b> 4 - 5pm
	<b>Bronze</b> 5 - 6pm	<b>Silver</b> 5 - 6pm		<b>Bronze</b> 5 - 6pm	<b>Silver</b> 5 - 6pm	<b>Bronze</b> 5 – 6pm	<b>Silver</b> 5 - 6pm
	<b>Bronze</b> 6 .15– 7.15pm	<b>Silver</b> 6.15 - 7.15pm	<b>Gold</b> 5.30 – 6.30pm	<b>Gold</b> 6.15 - 7.15pm	<b>Silver</b> 6.15 - 7.15pm	<b>Silver</b> 6 - 7pm	<b>Fitness</b> 6 - 7pm
	<b>Fitness</b> 7.15 - 8.15pm						