

MONDAY

06 January 2020
13 January 2020
20 January 2020
27 January 2020
03 February 2020
10 February 2020
17 February 2020
24 February 2020
02 March 2020
09 March 2020
16 March 2020
23 March 2020
30 March 2020
06 April 2020
13 April 2020

WEDNESDAY

08/01/2020
15/01/2020
22/01/2020
29/01/2020
05/02/2020
12/02/2020
19/02/2020
26/02/2020
04/03/2020
11/03/2020
18/03/2020
25/03/2020
01/04/2020
08/04/2020
15/04/2020

FRIDAY

10/01/2020
17/01/2020
24/01/2020
31/01/2020
07/02/2020
14/02/2020
21/02/2020
28/02/2020
06/03/2020
13/03/2020
20/03/2020
27/03/2020
03/04/2020
10/04/2020
17/04/2020

THERE ARE NO TRAINING SESSIONS ON ANY RED DATES

SATURDAY

11/01/2020

18/01/2020

25/01/2020

01/02/2020

08/02/2020

15/02/2020

22/02/2020

29/02/2020

07/03/2020

14/03/2020

21/03/2020

28/03/2020

04/04/2020

11/04/2020

18/04/2020