

DATE	TIME	VENUE
WEDNESDAY 27 th JULY		
Morning training	6-7am	Carn Brea LC
Sharks	7:30-8:30pm	Carn Brea LC
Development	7:30-8:30pm	Carn Brea LC
P1	7:30-8:30pm	Carn Brea LC
BIT TRAINING	7:15-8:15pm	Carn Brea LC
P2	8:30-9:30pm	Carn Brea LC
P3	8:30-9:30pm	Carn Brea LC
P4	8:30-9:30pm	Carn Brea LC

FRIDAY 29 th JULY		
Morning training	CANCELLED	Carn Brea LC
Sharks	7-8pm	Helston LC
Development	7-8pm	Helston LC
P2	7-9pm	Carn Brea LC
P4	7-9pm	Carn Brea LC
Masters	8-9pm	Carn Brea LC

SUNDAY 31 st JULY		
SHARKS 10	5-7pm	Carn Brea LC
Development	5-7pm	Carn Brea LC
P1	5-6pm	Carn Brea LC
P2	6-8pm	Carn Brea LC
P3	6-8pm	Carn Brea LC
P4	6-8pm	Carn Brea LC

MONDAY 1 st AUGUST		
Sharks	6-7pm	Carn Brea LC
Development	6-7pm	Carn Brea LC
P1	7-8pm	Carn Brea LC
P2	7-8pm	Carn Brea LC
P3	7-8pm	Carn Brea LC
P4	7-9pm	Carn Brea LC

TUESDAY 2 nd AUGUST		
P1	6:30-8:30pm	St Ives LC
P2	6:30-8:30pm	St Ives LC
P3	6:30-8:30pm	St Ives LC
P4	6:30-8:30pm	St Ives LC
St Ives Assessments	6:30-7:30pm	St Ives LC
ZOOM LAND TRAINING	CANCELLED	

WEDNESDAY 3 rd August		
Morning training	6-7am	Carn Brea LC
Sharks	7:30-8:30pm	Carn Brea LC
Development	7:30-8:30pm	Carn Brea LC
P1	7:30-8:30pm	Carn Brea LC
BIT TRAINING	7:15-8:15pm	Carn Brea LC
P2	8:30-9:30pm	Carn Brea LC
P3	8:30-9:30pm	Carn Brea LC
P4	8:30-9:30pm	Carn Brea LC

FRIDAY 5 th AUGUST		
Morning training	6-7am	Carn Brea LC
Sharks	7-8pm	Helston LC
Development	7-8pm	Helston LC
P2	7-9pm	Carn Brea LC
P4	7-9pm	Carn Brea LC
Masters	8-9pm	Carn Brea LC

SUNDAY 7 th AUGUST		
SHARKS 10	5-7pm	Carn Brea LC
Development	5-7pm	Carn Brea LC
P1	5-6pm	Carn Brea LC
P2	6-8pm	Carn Brea LC
P3	6-8pm	Carn Brea LC
P4	6-8pm	Carn Brea LC

MONDAY 8 th AUGUST		
Sharks	6-7pm	Carn Brea LC
Development	6-7pm	Carn Brea LC
P1	7-8pm	Carn Brea LC
P2	7-8pm	Carn Brea LC
P3	7-8pm	Carn Brea LC
P4	7-9pm	Carn Brea LC

TUESDAY 9 th AUGUST		
P1	6:30-8:30pm	St Ives LC
P2	6:30-8:30pm	St Ives LC
P3	6:30-8:30pm	St Ives LC
P4	6:30-8:30pm	St Ives LC
St Ives Assessments	6:30-7:30pm	St Ives LC
ZOOM LAND TRAINING	CANCELLED	

WEDNESDAY 10 th August		
Morning training	6-7am	Carn Brea LC
Sharks	7:30-8:30pm	Carn Brea LC
Development	7:30-8:30pm	Carn Brea LC
P1	7:30-8:30pm	Carn Brea LC
BIT TRAINING	7:15-8:15pm	Carn Brea LC
P2	8:30-9:30pm	Carn Brea LC
P3	8:30-9:30pm	Carn Brea LC
P4	8:30-9:30pm	Carn Brea LC

FRIDAY 12th AUGUST		
Morning training	6-7am	Carn Brea LC
Sharks	7-8pm	Helston LC
Development	7-8pm	Helston LC
P2	7-9pm	Carn Brea LC
P4	7-9pm	Carn Brea LC
Masters	8-9pm	Carn Brea LC

SUNDAY 14 th AUGUST		
SHARKS 10	5-7pm	Carn Brea LC
Development	5-7pm	Carn Brea LC
P1	5-6pm	Carn Brea LC
P2	6-8pm	Carn Brea LC
P3	6-8pm	Carn Brea LC
P4	6-8pm	Carn Brea LC

MONDAY 15th AUGUST		
Sharks	6-7pm	Carn Brea LC
Development	6-7pm	Carn Brea LC
P1	7-8pm	Carn Brea LC
P2	7-8pm	Carn Brea LC
P3	7-8pm	Carn Brea LC
P4	7-9pm	Carn Brea LC

TUESDAY 16 th AUGUST		
P1	6:30-8:30pm	St Ives LC
P2	6:30-8:30pm	St Ives LC
P3	6:30-8:30pm	St Ives LC
P4	6:30-8:30pm	St Ives LC
St Ives Assessments	6:30-7:30pm	St Ives LC
ZOOM LAND TRAINING	CANCELLED	

WEDNESDAY 17th August		
Morning training	6-7am	Carn Brea LC
Sharks	7:30-8:30pm	Carn Brea LC
Development	7:30-8:30pm	Carn Brea LC
P1	7:30-8:30pm	Carn Brea LC
BIT TRAINING	CANCELLED	
P2	8:30-9:30pm	Carn Brea LC
P3	8:30-9:30pm	Carn Brea LC
P4	8:30-9:30pm	Carn Brea LC

FRIDAY 19th AUGUST		
Morning training	6-7am	Carn Brea LC
Sharks	7-8pm	Helston LC
Development	7-8pm	Helston LC
P2	7-9pm	Carn Brea LC
P4	7-9pm	Carn Brea LC
Masters	8-9pm	Carn Brea LC

SUMMER BREAK	TRAINING RESUMES	SUNDAY 4th SEPTEMBER
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