

Squad	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Seniors (7 hrs min.)		REST DAY	Inverkeithing 18:00 - 20:00	HMS Caledonia 17:00 - 19.30		HMS Caledonia 12:45 - 14:45		
Scottish Seniors (12.5 hrs)	HMS Caledonia 17:00 - 19.30		Inverkeithing 18:00 - 20:00	HMS Caledonia 17:00 - 19.30	Lochgelly HS 19:30 - 21:30	HMSCaledonia 12:45 - 14:45 Yoga 12:00-12:30		
2Scottish Juniors (11.5 hrs)	HMS Caledonia 17:00 - 19.30		Inverkeithing 18:00 - 20.00	HMS Caledonia 17:00 - 19.30	Lochgelly HS 19:30 - 21:30	HMS Caledonia 12:45 - 14:45		
Scottish Feeder (10 hrs)	HMS Caledonia 17:00 - 19.30			HMS Caledonia 17:00 - 19.30	Lochgelly HS 19:30 - 21:30	HMS Caledonia 12:45 - 14:45		
Youth National (8hrs)	HMS Caledonia 17:00 - 19.30			Inverkeithing 18:00 - 20.00	HMS Caledonia 18:00 - 19.30		HMS Caledonia 12:45 - 14:45	
Youth (6hrs)	HMS Caledonia 17:00 - 19.30				Inverkeithing 17:00 - 19.30		HMS Caledonia 12:45 - 13:45	
Dolphins (5hrs)	Inverkeithing 19:00 - 20:00				Inverkeithing 18:00 - 20:00		HMS Caledonia 12:45 - 14:45	
Seals (4hrs)	Inverkeithing 19:00 - 20:00				Inverkeithing 19:00 - 20:00		HMS Caledonia 12:45 - 14:45	
Transition (3hrs)	Inverkeithing 18:00 - 19:00				Inverkeithing 18:00 - 19:00		HMS Caledonia 12:45 - 13:45	
InCAS Minors (2hrs)	Inverkeithing 18:00 - 19:00						HMS Caledonia 12:45 - 13:45	

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