

MORTIMER OVAL USAGE CHART 2017

	3:45PM	4PM	4:15PM	4:30PM	4:45PM	5PM	5:15PM	5:30PM	5:45PM	6PM	6:15PM	6:30PM	6:45PM	7PM ONWARDS
MONDAY					65	65	40	40	40	40	40	40		
TUESDAY			25	25	25	25	40	40	40	40	40	40	40	
WEDNESDAY					65	65	40	40	40	40	40	40		
THURSDAY			45	45	45	45	40	40	40	40	40	40	40	
FRIDAY			20	20	20	20								
SATURDAY														
SUNDAY														
LEGEND	GIRLS	U9	U10	U12	U14	U16	U18	SENIORS	CROSS OVER					
TOTAL TRAINING TIME	60 MINS	60 MINS	60MINS	60MINS	150 MINS	180 MINS	180 MINS							