

# CAPITAL FOOTBALL TRAINING TIMETABLE

## JAN - APRIL 06

	START DATE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SQUAD</b>						
<b>Goalkeepers</b>	<b>30-Jan</b>	4.30-5.30PM @ Hawker Enclosed Oval		4.30-5.30PM @ Hawker Enclosed Oval		
<b>Mercury</b>	<b>30-Jan</b>	5-7 PM @ Southwell Park		5-7 PM @ Southwell Park		
<b>Meteors</b>	<b>16-Jan</b>	5-7 PM @ Southwell Park		5-7 PM @ Southwell Park		
<b>Satellites (Training Gp 2)</b>	<b>30-Jan</b>	6 - 8pm @ Southwell Park		6 - 8pm @ Southwell Park		6 - 8pm @ Southwell Park
<b>ACTAS women (Training Gp 1)</b>	<b>16-Jan</b>	6 - 8pm @ Southwell Park		6 - 8pm @ Southwell Park		6 - 8pm @ Southwell Park
<b>Galaxy</b>	<b>16-Jan</b>	5 - 7 pm @ Kambah 1		5 - 7 pm @ Kambah 1		
<b>Helix</b>	<b>16-Jan</b>	5 - 7 pm @ Kambah 1		5 - 7 pm @ Kambah 1		
<b>Stars</b>	<b>30-Jan</b>	6 - 8 pm @ Kambah 1		6 - 8 pm @ Kambah 1		6 - 8 pm @ Kambah 1
<b>Suns</b>	<b>16-Jan</b>	6.30 - 8.30pm @ AIS Multi		6.30 - 8.30pm @ AIS Multi		6.30 - 8.30pm @ AIS Multi
<b>ACTAS Men</b>	<b>16-Jan</b>	5 - 7 pm @ Kambah 1		5 - 7 pm @ Kambah 1		5 - 7 pm @ Kambah 1