

Kingborough Girls Team January Holiday Training Schedule 2026

WEEK	Program	Monday	Tuesday	Wednesday	Thursday	Friday
1		5/01/2026	6/01/2026	7/01/2026	8/01/2026	9/01/2026
	High Performance		3.30-5.30			
	Senior Teams	8.30-12.30	8.30-12.30		8.30-12.30	8.30-12.30
	Pre-Senior	8.30-12.30	8.30-12.30		8.30-12.30	8.30-12.30
	Girls Team Gold	12.30-3.30	12.30-3.30		12.30-3.30	12.30-3.30
	JD Gold	12.30-3.30	12.30-3.30		12.30-3.30	12.30-3.30
	GT Silver 3.30		3.30-6.30		3.30-6.30	
	GT Bronze 3.30		3.30-6.30		3.30-6.30	
	GT Silver 4.30		4.30-7.30		4.30-7.30	3.30-6.30
	GT Bronze 4.30		4.30-7.30		4.30-7.30	
	JD Bronze		3.30-6.30		3.30-6.30	3.30-6.30

WEEK	Program	Monday	Tuesday	Wednesday	Thursday	Friday
2		12/01/2026	13/01/2026	14/01/2026	15/01/2026	16/01/2026
	High Performance		3.30-5.30			
	Senior Teams	8.30-12.30	8.30-12.30		8.30-12.30	8.30-12.30
	Pre-Senior	8.30-12.30	8.30-12.30		8.30-12.30	8.30-12.30
	Girls Team Gold	12.30-3.30	12.30-3.30		12.30-3.30	12.30-3.30
	JD Gold	12.30-3.30	12.30-3.30		12.30-3.30	12.30-3.30
	GT Silver 3.30		3.30-6.30		3.30-6.30	
	GT Bronze 3.30		3.30-6.30		3.30-6.30	
	GT Silver 4.30		4.30-7.30		4.30-7.30	3.30-6.30
	GT Bronze 4.30		4.30-7.30		4.30-7.30	
	JD Bronze		3.30-6.30		3.30-6.30	3.30-6.30

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WEEK	Program	Monday	Tuesday	Wednesday	Thursday	Friday
3		19/01/2026	20/01/2026	21/01/2026	22/01/2026	23/01/2026
	High Performance		3.30-5.30			
	Senior Teams	8.30-12.30	8.30-12.30		8.30-12.30	8.30-12.30
	Pre-Senior	8.30-12.30	8.30-12.30		8.30-12.30	8.30-12.30
	Girls Team Gold	12.30-3.30	12.30-3.30		12.30-3.30	12.30-3.30
	JD Gold	12.30-3.30	12.30-3.30		12.30-3.30	12.30-3.30
	GT Silver 3.30		3.30-6.30		3.30-6.30	
	GT Bronze 3.30		3.30-6.30		3.30-6.30	
	GT Silver 4.30		4.30-7.30		4.30-7.30	3.30-6.30
	GT Bronze 4.30		4.30-7.30		4.30-7.30	
	JD Bronze		3.30-6.30		3.30-6.30	3.30-6.30

WEEK	Program	Monday	Tuesday	Wednesday	Thursday	Friday
4		26/01/2026	27/01/2026	28/01/2026	29/01/2026	30/01/2026
	High Performance		3.30-5.30			
	Senior Teams		8.30-12.30		8.30-12.30	8.30-12.30
	Pre-Senior		8.30-12.30		8.30-12.30	8.30-12.30
	Girls Team Gold		12.30-3.30		12.30-3.30	12.30-3.30
	JD Gold		12.30-3.30		12.30-3.30	12.30-3.30
	GT Silver 3.30		3.30-6.30		3.30-6.30	
	GT Bronze 3.30		3.30-6.30		3.30-6.30	
	GT Silver 4.30		4.30-7.30		4.30-7.30	3.30-6.30
	GT Bronze 4.30		4.30-7.30		4.30-7.30	
	JD Bronze		3.30-6.30		3.30-6.30	3.30-6.30