

**Barrow ASC - Summer Timetable 2022**

**July 2022**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11 D Squad (6.30 - 7.30) A Squad Invite (6.30 - 7.30)	12 B Squad (6.30 - 7.30) A Squad (6.30 - 7.30)	13 B Squad Group 1 (5.30 - 6.30) B Squad Group 2 (6.30 - 7.30) A Squad (5.30 - 7.30)	14	15 D Squad (4.30 - 5.30) A Squad (5.30 - 7.30)	16	17 NO TRAINING
18 D Squad (6.30 - 7.30) A Squad Invite (6.30 - 7.30)	19 B Squad (6.30 - 7.30) A Squad (6.30 - 7.30)	20 B Squad Group 1 (5.30 - 6.30) B Squad Group 2 (6.30 - 7.30) A Squad (5.30 - 7.30)	21	22 D Squad (4.30 - 5.30) A Squad (5.30 - 7.30)	23	24 NO TRAINING
25 D Squad (6.30 - 7.30) A Squad Invite (6.30 - 7.30)	26 B Squad (6.30 - 7.30) A Squad (6.30 - 7.30)	27 B Squad Group 1 (5.30 - 6.30) B Squad Group 2 (6.30 - 7.30) A Squad (5.30 - 7.30)	28	29 D Squad (4.30 - 5.30) A Squad (5.30 - 7.30)	30	31 NO TRAINING

**August 2022**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 D Squad (6.30 - 7.30) A Squad Invite (6.30 - 7.30)	2 B Squad (6.30 - 7.30) A Squad (6.30 - 7.30)	3 NO TRAINING	4	5 D Squad (4.30 - 5.30) A Squad (5.30 - 7.30)	6	7 NO TRAINING
8 D Squad (6.30 - 7.30) A Squad Invite (6.30 - 7.30)	9 B Squad (6.30 - 7.30) A Squad (6.30 - 7.30)	10 B Squad Group 1 (5.30 - 6.30) B Squad Group 2 (6.30 - 7.30) A Squad (5.30 - 7.30)	11	12 D Squad (4.30 - 5.30) A Squad (5.30 - 7.30)	13	14 NO TRAINING
15 D Squad (6.30 - 7.30) A Squad Invite (6.30 - 7.30)	16 B Squad (6.30 - 7.30) A Squad (6.30 - 7.30)	17 B Squad Group 1 (5.30 - 6.30) B Squad Group 2 (6.30 - 7.30) A Squad (5.30 - 7.30)	18	19 D Squad (4.30 - 5.30) A Squad (5.30 - 7.30)	20	21 NO TRAINING
22 D Squad (6.30 - 7.30) A Squad Invite (6.30 - 7.30)	23 B Squad (6.30 - 7.30) A Squad (6.30 - 7.30)	24 B Squad Group 1 (5.30 - 6.30) B Squad Group 2 (6.30 - 7.30) A Squad (5.30 - 7.30)	25	26 D Squad (4.30 - 5.30) A Squad (5.30 - 7.30)	27	28 NO TRAINING
29 NO TRAINING	30 B Squad (6.30 - 7.30) A Squad (6.30 - 7.30)	31 B Squad Group 1 (5.30 - 6.30) B Squad Group 2 (6.30 - 7.30) A Squad (5.30 - 7.30)	1	2 D Squad (4.30 - 5.30) A Squad (5.30 - 7.30)	3	4 B Squad Group 1 (4.30 - 5.30) B Squad Group 2 (5.30 - 6.30) A Squad (4.30 - 6.30)