

Melville Hockey Club - 2018 Womens Middle Squad (3s and 4s) Pre Season Program

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Feb 2018	5	6	7	8	9	10 Fitness @ Melville Grass 8 - 9am	11
	12	13	14 Fitness @ Melville Grass 6:15 - 7:15pm	15	16	17 Fitness @ Melville Grass 8 - 9am	18
	19	20	21 Fitness @ Melville Grass 6:15 - 7:15pm	22	23	24 Fitness @ South Beach 7:30 - 8:30am	25
	26	27	28 Fitness @ Melville Grass 6:15 - 7:15pm	1	2	3 Fitness @ Manning Park 8 - 9am	4
Mar 2018	5 PUBLIC HOLIDAY	6	7 Turf Training @ Melville 6 - 7:30pm	8	9	10 Fitness @ Melville Grass 8 - 9am	11
	12	13	14 Turf Training @ Melville 7 - 8:30pm	15	16	17	18 Grading @ Melville 8 - 11am
	19	20	21 Turf Training @ Melville 7 - 8:30pm	22	23	24	25 Grading @ Melville 8 - 11am
	26	27	28 Turf Training @ Melville 7 - 8:30pm	29	30	31 EASTER WEEKEND	1
Apr 2018	2 EASTER WEEKEND	3	4 Turf Training @ Melville 7 - 8:30pm	5	6	7 Training or Beach 8am - 9:30am	8
	9	10	11 Fitness @ Melville 6:30 - 7:15pm	12 Turf Training Time TBA	13	14	15 ROUND 1
	16	17	18 Fitness @ Melville 6:30 - 7:15pm	19 Turf Training Time TBA	20	21	22 ROUND 2
	23	24	25 Fitness @ Melville 6:30 - 7:15pm	26 Turf Training Time TBA	27	28	29 ROUND 3