



# ANNUAL TRAINING SCHEDULE

## SUSSEX- 2023/2024

### BLOCK ONE

| SEPT     | OCT      | NOV      | DEC     |
|----------|----------|----------|---------|
| FRI 15TH | FRI 6TH  | FRI 3RD  | FRI 1ST |
| FRI 22ND | FRI 13TH | FRI 10TH |         |
| FRI 29TH | FRI 20   | FRI 17TH |         |
|          |          | FRI 24TH |         |

### BLOCK TWO

| JAN      | FEB      | MAR      | APR      |
|----------|----------|----------|----------|
| FRI 26TH | FRI 2ND  | FRI 1ST  | FRI 5TH  |
|          | FRI 9TH  | FRI 8TH  | FRI 19TH |
|          | FRI 23RD | FRI 15TH |          |
|          |          | FRI 22ND |          |

**CLASSES:**  
U11 - FRIDAYS 6 - 7.30 PM  
U13 - FRIDAYS 7.30 - 9 PM

**LOCATION:** HAYWARDS HEATH COLLEGE, RH16 1LT