

Ashfield Squad Timetable – Effective Mon 29 June 2026

SQUAD		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Bronze Invitation Only	AM	7.00 – 8.00am	7.00 – 8.00am	7.00 – 8.00am	7.00 – 8.00am	7.00 – 8.00am	7.30 – 8.30am
	PM	Activation 3.45-4.00pm 4.00-5.15pm	Activation 3.45-4.00pm 4.00-5.15pm	Activation 3.45-4.00pm 4.00-5.15pm	Activation 3.45-4.00pm 4.00-5.15pm	Activation 3.45-4.00pm 4.00-5.15pm	
Bronze Invitation Only	PM		Activation 5.00- 5.15pm 5.15-6.15pm		Activation 5.00- 5.15pm 5.15-6.15pm		
Silver Invitation only	AM	6.00 – 7.30am	Activation 5.15-5.30am 5.30am-7.00am	6.00 – 7.30am	Activation 5.15-5.30am 5.30am-7.00am	6.00 – 7.30am	Activation 5.45-6.00
			6.00 – 7.30am		6.00 – 7.30am		6.00 – 7.30 am Dryland by invitation 8.00-9.00am
	PM	Activation 3.45-4.00pm 4.00-5.15pm	Activation 3.45-4.00pm 4.00-5.15pm	Activation 3.45-4.00pm 4.00-5.15pm	Activation 3.45-4.00pm 4.00-5.15pm	Activation 4.30-5.00pm 5.00pm – 6.00pm	
		Activation 4.50-5.10pm 5.15-7.00pm	Activation 4.50-5.10pm 5.15-7.00pm	Activation 4.50-5.10pm 5.15-7.00pm	Activation 4.50-5.10pm 5.15-7.00pm		
Gold & Performance Invitation only	AM	Activation 5.15-5.30am 5.30am-7.00am	Activation 5.15-5.30am 5.30am-7.00am	Activation 5.15-5.30am 5.30am-7.00am	Activation 5.15-5.30am 5.30am-7.00am	Activation 5.15-5.30am 5.30am-7.00am	Activation 5.45-6.00
	PM	Activation 4.50-5.10pm 5.15-7.00pm	Activation 4.50-5.10pm 5.15-7.00pm	Activation 4.50-5.10pm 5.15-7.00pm	Activation 4.50-5.10pm 5.15-7.00pm	Activation 4.30-5.00pm 5.00pm – 6.00pm	6.00 – 7.30 am Dryland by invitation 8.00-9.00am

Indicates new session at this location

Annette Kellerman Squad Timetable – Effective Mon 29 June 2026

SQUAD		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Bronze (Promotion from Sharks and/or Advanced LTS Squads)	AM	7.00 – 8.00am		7.00 – 8.00am		7.00 – 8.00am	
	PM	4.00–5.15pm	4.00–5.15pm	4.00–5.15pm	4.00–5.15pm	5.00 – 6.30pm	
Silver (Invitation only)	AM	6.00–7.30am		6.00–7.30am		6.00–7.30am	
	PM	Activation 4.45–5.00pm 5.15–6.45pm	Activation 4.45–5.00pm 5.15–6.45pm	Activation 4.45–5.00pm 5.15–6.45pm	Activation 4.45–5.00pm 5.15–6.45pm	5.00 – 6.30pm	
Gold (Invitation only)	AM	6.00–7.30am		6.00–7.30am		6.00–7.30am	6.00–7.30am
	PM	Activation 4.45–5.00pm 5.15–6.45pm	Activation 4.45–5.00pm 5.15–6.45pm	Activation 4.45–5.00pm 5.15–6.45pm	Activation 4.45–5.00pm 5.15–6.45pm		

NB: Dryland activation is optional but recommended.

Indicates new session at this location