

PENNANT HILLS FC - 2020 Training Schedule

	Penno #3 (Artificial Pitch)		
	North Third	Middle Third	South Third
Monday	Teams in 3 zones rotate to share goals		
4.00pm to 4.30pm	Free		
4.30pm to 5.00pm			
5.00pm to 5.30pm	U/18-2	U/8 Red B	
5.30pm to 6.00pm			
6.00pm to 6.30pm	U/8 Red B		U/9 Sinkinson
6.30pm to 7.00pm			
7.00pm to 7.30pm	U/18-4	U/18-1	
7.30pm to 8.00pm			
8.00pm to 8.30pm			
8.30pm to 9.00pm	Free		
9.00pm to 9.30pm			

Ern Holmes (Top Oval)			
West	North	East	South
Not available to Penno FC			

	Penno #3 (Artificial Pitch)		
	North Third	Middle Third	South Third
Tuesday	Teams in 3 zones rotate to share goals		
4.00pm to 4.30pm	Free		
4.30pm to 5.00pm			
5.00pm to 5.30pm	U/9-2	U/8-1	
5.30pm to 6.00pm			
6.00pm to 6.30pm	U/10 Barnett		U/10 Woods
6.30pm to 7.00pm			
7.00pm to 7.30pm	O/30 Women	U/14-1	
7.30pm to 8.00pm			
8.00pm to 8.30pm	All Age - Matthews		All Age - Ghalloub
8.30pm to 9.00pm			
9.00pm to 9.30pm	All Age - Palmer		All Age - Ghalloub
9.30pm to 10.00pm			
10.00pm to 10.30pm			

Not available to Penno FC			
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	Penno #3 (Artificial Pitch)		
	North Third	Middle Third	South Third
Wednesday	Teams in 3 zones rotate to share goals		
4.00pm to 4.30pm	Free		
4.30pm to 5.00pm			
5.00pm to 5.30pm	U/18-2	U/16-1	
5.30pm to 6.00pm			
6.00pm to 6.30pm	Premier League		U/15-3
6.30pm to 7.00pm			
7.00pm to 7.30pm	Free		
7.30pm to 8.00pm			
8.00pm to 8.30pm			
8.30pm to 9.00pm			
9.00pm to 9.30pm			
9.30pm to 10.00pm			

Free			
Kickstart U/6 & U/7		U/18-4	
			U/11-5
O/35 & O/45			

	Penno #3 (Artificial Pitch)		
	North Third	Middle Third	South Third
Thursday	Teams in 3 zones rotate to share goals		
4.00pm to 4.30pm	Free		
4.30pm to 5.00pm			
5.00pm to 5.30pm	U/10-2		
5.30pm to 6.00pm			
6.00pm to 6.30pm	U/12-2		U/7 Green
6.30pm to 7.00pm			
7.00pm to 7.30pm	U/18-1		U/21-1
7.30pm to 8.00pm			
8.00pm to 8.30pm	All Age - Hang		All Age - Baker
8.30pm to 9.00pm			
9.00pm to 9.30pm	All Age - Gunn		All Age - Baker
9.30pm to 10.00pm			
10.00pm to 10.30pm			

Not available to Penno FC			
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