PREDATOR JUNIOR TRAINING – WINTER 2017

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| Day | Discipline | Group | Location | Time |
| Monday | Swimming | All juniors | Kilcornan | 6-7pm |
| Tuesday | Circuits / Core | Senior juniors / Youths | Kilcornan | 7.30-8.30pm |
| Wednesday | Swimming | Senior juniors / Youths | Renmore | 7-8pm |
| Thursday | Turbo /Core | Senior juniors | The Tech School, Athenry | 7.30-8.30pm |
| Friday | Track | All juniors | Craughwell senior track | 7-8pm |
| Friday | Swimming | All juniors | Kilcornan Pool | 8-9pm |
| Saturday | Run / Cycle | All juniorsSenior juniors | Kilcornan / local area | 3-4pm2-4pm |
| Sunday | Swimming | All juniorsSenior juniors | Kilcornan Pool | 4-5pm5-7pm |