



# KRUFC Training Schedule

Training Schedule	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Mini's							9:30 to 11:30
U7's & U8's							10:30 to 11:30
U9's							
U10's				17:30 to 18:30			
U11's				17:00 to 18:15			
U12 Girls							10:30 to 11:45
U12 Boys				17:30 to 19:00			
U13 Boys		7:30 to 19:00					
U14 Boys			17:00 to 18:30				
U14 Girls							10:30 to 11:45
U15 Boys			18:00 to 19:30				11:00 to 12:00
U16 Boys			18:30 to 20:00				10:30 to 12:00
U16 Girls			17:30 to 19:00				
U17 & U18 Boys							
Senior Men (& Colts)		18:30 to 20:00		18:30 to 20:00			
Senior Women (U18s)		18:30 to 20:00	18:30 to 20:00				