

2-8 OCTOBER

Monday 2 October 2023	5:30pm to 7pm	Skills A & Junior A&B	Anna Keogh
	6:15pm to 7pm	Skills B	
	6pm to 8pm (Renmore)	Senior A&B, Performance A&B	
Wednesday 4 October 2023	5:45am to 7:15am	Senior A&B, Performance A&B	Miriam Roland
	5:45pm to 7:15pm	Skills A & Junior A&B	Karolina Conole
	6:30pm to 7:15pm	Skills B	
Thursday 5 October 2023	5:45am to 7:15am	Senior A, Performance A&B	Clodagh McDonagh
Friday 6 October 2023	5:45am to 7:15am	Junior A, Senior A&B, Performance A&B	Blanka Cygan
Sunday 8 October 2023	8:30am to 10:30am	Junior A&B, Senior A&B, Performance A&B	Liz Hume
	7:00pm to 9:00pm	Performance A&B	Isolde Hannon

9-15 OCTOBER

Monday 9 October 2023	5:30pm to 7pm	Skills A & Junior A&B	Sarah Conolin
	6:15pm to 7pm	Skills B	
	6pm to 8pm (Renmore)	Senior A&B, Performance A&B	
Wednesday 11 October 2023	5:45am to 7:15am	Senior A&B, Performance A&B	Miriam Roland
	5:45pm to 7:15pm	Skills A & Junior A&B	Saoirse O'Shaughnessy
	6:30pm to 7:15pm	Skills B	
Thursday 12 October 2023	5:45am to 7:15am	Senior A, Performance A&B	Nessa Mangan
Friday 13 October 2023	5:45am to 7:15am	Junior A, Senior A&B, Performance A&B	Harry McCann
Sunday 15 October 2023	8:30am to 10:30am	Junior A&B, Senior A&B, Performance A&B	NO TRAINING GALA
	7:00pm to 9:00pm	Performance A&B	

16-22 OCTOBER

Monday 16 October 2023	5:30pm to 7pm	Skills A & Junior A&B	Sarah Curtis
	6:15pm to 7pm	Skills B	
	6pm to 8pm (Renmore)	Senior A&B, Performance A&B	
Wednesday 18 October 2023	5:45am to 7:15am	Senior A&B, Performance A&B	Miriam Roland
	5:45pm to 7:15pm	Skills A & Junior A&B	Sebastian Oancea
	6:30pm to 7:15pm	Skills B	
Thursday 19 October 2023	5:45am to 7:15am	Senior A, Performance A&B	Leah Maguire
Friday 20 October 2023	5:45am to 7:15am	Junior A, Senior A&B, Performance A&B	Milly Costello
Sunday 22 October 2023	8:30am to 10:30am	Junior A&B, Senior A&B, Performance A&B	Maya Gorecka
	7:00pm to 9:00pm	Performance A&B	Ethan Lourens

23-29 OCTOBER

Monday 23 October 2023	5:30pm to 7pm	Skills A & Junior A&B	Sarah Young
	6:15pm to 7pm	Skills B	
	6pm to 8pm (Renmore)	Senior A&B, Performance A&B	
Wednesday 25 October 2023	5:45am to 7:15am	Senior A&B, Performance A&B	Miriam Roland
	5:45pm to 7:15pm	Skills A & Junior A&B	Ciara O'Neill
	6:30pm to 7:15pm	Skills B	
Thursday 26 October 2023	5:45am to 7:15am	Senior A, Performance A&B	Grace McInerney
Friday 27 October 2023	5:45am to 7:15am	Junior A, Senior A&B, Performance A&B	Ania Szenk
Sunday 29 October 2023	8:30am to 10:30am	Junior A&B, Senior A&B, Performance A&B	Mila Harty
	7:00pm to 9:00pm	Performance A&B	Thomas Davey

30 OCTOBER - 5 NOVEMBER

Monday 30 October 2023	5:30pm to 7pm	Skills A & Junior A&B	NO TRAINING BANK HOLIDAY
	6:15pm to 7pm	Skills B	
	3pm to 5pm (Renmore)	Senior A&B, Performance A&B	
Wednesday 1 November 2023	5:45am to 7:15am	Senior A&B, Performance A&B	Miriam Roland
	5:45pm to 7:15pm	Skills A & Junior A&B	Isabella Shortt
	6:30pm to 7:15pm	Skills B	
Thursday 2 November 2023	5:45am to 7:15am	Senior A, Performance A&B	Clodagh McDonagh
Friday 3 November 2023	5:45am to 7:15am	Junior A, Senior A&B, Performance A&B	Killian Burke
Sunday 5 November 2023	8:30am to 10:30am	Junior A&B, Senior A&B, Performance A&B	Connie Joyce
	7:00pm to 9:00pm	Performance A&B	Mark Cormican