

6-12 NOVEMBER

Monday 6 November 2023	5:30pm to 7pm	Skills A & Junior A&B	Marcel Bubis
	6:15pm to 7pm	Skills B	
	6pm to 8pm (Renmore)	Senior A&B, Performance A&B	Grace McInerney
Wednesday 8 November 2023	5:45am to 7:15am	Senior A&B, Performance A&B	Aoileann Oconnor
	5:45pm to 7:15pm	Skills A & Junior A&B	Jacob Nolan
	6:30pm to 7:15pm	Skills B	
Thursday 9 November 2023	5:45am to 7:15am	Senior A, Performance A&B	Lily Darabi
Friday 10 November 2023	5:45am to 7:15am	Junior A, Senior A&B, Performance A&B	Blanka Cygan
Sunday 12 November 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

13-19 NOVEMBER

Monday 13 November 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	Mia Maguire
Wednesday 15 November 2023	5:45am to 7:15am	Senior A&B, Performance A&B	Thomas Davey
	5:45pm to 7:15pm	Skills A & Junior A&B	Saoirse O'Shaughnessy
	6:30pm to 7:15pm	Skills B	
Thursday 16 November 2023	5:45am to 7:15am	Senior A, Performance A&B	Nessa Mangan
Friday 17 November 2023	5:45am to 7:15am	Junior A, Senior A&B, Performance A&B	Harry McCann
Sunday 19 November 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	

20-26 NOVEMBER

Monday 20 November 2023	5:30pm to 7pm	Skills A & Junior A&B	Emma Scally
	6:15pm to 7pm	Skills B	
	6pm to 8pm (Renmore)	Senior A&B, Performance A&B	Aoileann Oconnor
Wednesday 22 November 2023	5:45am to 7:15am	Senior A&B, Performance A&B	Hannah Boyle
	5:45pm to 7:15pm	Skills A & Junior A&B	Sebastian Oancea
	6:30pm to 7:15pm	Skills B	
Thursday 23 November 2023	5:45am to 7:15am	Senior A, Performance A&B	Leah Maguire
Friday 24 November 2023	5:45am to 7:15am	Junior A, Senior A&B, Performance A&B	Milly Costello
Sunday 26 November 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

27 NOVEMBER - 3 DEC

Monday 27 November 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	Alva Horan
Wednesday 29 November 2023	5:45am to 7:15am	Senior A&B, Performance A&B	Isolde Hannon
	5:45pm to 7:15pm	Skills A & Junior A&B	Ciara O'Neill
	6:30pm to 7:15pm	Skills B	
Thursday 30 November 2023	5:45am to 7:15am	Senior A, Performance A&B	Ellie Flannagan
Friday 1 December 2023	5:45am to 7:15am	Junior A, Senior A&B, Performance A&B	Ania Szenk
Sunday 3 December 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	Ethan Lourens

4-10 DECEMBER

Monday 4 December 2023	5:30pm to 7pm	Skills A & Junior A&B	Liam Kenny
	6:15pm to 7pm	Skills B	
	6pm to 8pm (Renmore)	Senior A&B, Performance A&B	Hannah Boyle
Wednesday 6 December 2023	5:45am to 7:15am	Senior A&B, Performance A&B	Thomas Davey
	5:45pm to 7:15pm	Skills A & Junior A&B	Isabella Shortt
	6:30pm to 7:15pm	Skills B	
Thursday 7 December 2023	5:45am to 7:15am	Senior A, Performance A&B	Clodagh McDonagh
Friday 8 December 2023	5:45am to 7:15am	Junior A, Senior A&B, Performance A&B	Killian Burke
Sunday 10 December 2023	8:30am to 10:30am	Junior A&B, Senior A&B, Performance A&B	Connie Joyce
	14:00pm to 15:45pm	UL Training Session - Junior A, Seniors & Perf	TBC