

5-11 FEBRUARY

Monday 5 February 2024	5:30pm to 7pm	Skills A & Junior A&B	No Training - Bank Holiday
	6:15pm to 7pm	Skills B	No Training - Bank Holiday
	3pm to 5pm (Renmore)	Senior A&B, Performance A&B	Milly Costello
Wednesday 7 February 2024	5:45am to 7:15am	Senior A&B, Performance A&B	Leah Maguire
	5:45pm to 7:15pm	Skills A & Junior A&B	Tara Burke
	6:30pm to 7:15pm	Skills B	
Thursday 8 February 2024	5:45am to 7:15am	Senior A, Performance A&B	Mia Maguire
Friday 9 February 2024	5:45am to 7:15am	Junior A, Senior A&B, Performance A&B	Alva Horan
Sunday 11 February 2024	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	No Training - Gala

12-18 FEBRUARY

Monday 12 February 2024	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	Grace McInerney
Wednesday 14 February 2024	5:45am to 7:15am	Senior A&B, Performance A&B	Liam Kenny
	5:45pm to 7:15pm	Skills A & Junior A&B	Grace Conole
	6:30pm to 7:15pm	Skills B	
Thursday 15 February 2024	5:45am to 7:15am	Senior A, Performance A&B	Isolde Hannon
Friday 16 February 2024	5:45am to 7:15am	Junior A, Senior A&B, Performance A&B	Blanka Cygan
Sunday 18 February 2024	8:30am to 10:30am	Junior A&B, Senior A&B, Performance A&B	Anna Keogh
	7:00pm to 9:00pm	Performance A&B	Mark Cormican

19-25 FEBRUARY

Monday 19 February 2024	5:30pm to 7pm	Skills A & Junior A&B	Hannah Conneely
	6:15pm to 7pm	Skills B	
	6pm to 8pm (Renmore)	Senior A&B, Performance A&B	Ellie Flanagan
Wednesday 21 February 2024	5:45am to 7:15am	Senior A&B, Performance A&B	Laura Fraser
	5:45pm to 7:15pm	Skills A & Junior A&B	Réalta Healy
	6:30pm to 7:15pm	Skills B	
Thursday 22 February 2024	5:45am to 7:15am	Senior A, Performance A&B	Nessa Mangan
Friday 23 February 2024	5:45am to 7:15am	Junior A, Senior A&B, Performance A&B	Liz Hume
Sunday 25 February 2024	8:30am to 10:30am	Junior A&B, Senior A&B, Performance A&B	Lily Darabi
	7:00pm to 9:00pm	Performance A&B	Ethan Lourens

26 FEBRUARY - 3 MARCH

Monday 26 February 2024	5:30pm to 7pm	Skills A & Junior A&B	Isabella Shortt
	6:15pm to 7pm	Skills B	
	6pm to 8pm (Renmore)	Senior A&B, Performance A&B	Clodagh McDonagh
Wednesday 28 February 2024	5:45am to 7:15am	Senior A&B, Performance A&B	Hannah Boyle
	5:45pm to 7:15pm	Skills A & Junior A&B	Emma Scally
	6:30pm to 7:15pm	Skills B	
Thursday 29 February 2024	5:45am to 7:15am	Senior A, Performance A&B	Thomas Davey
Friday 1 March 2024	5:45am to 7:15am	Junior A, Senior A&B, Performance A&B	Aoileann Oconnor
Sunday 3 March 2024	8:30am to 10:30am	Junior A&B, Senior A&B, Performance A&B	Harry Murphy
	7:00pm to 9:00pm	Performance A&B	Ethan Lourens